

BAKE OFF SPECIAL

Essentials

128

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LOSE inches
BETTER sex

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KIDS SAFE
ONLINE?**

**SLIMMING
WORLD
EXCLUSIVE**



Low Cal
Try our Back
to School Diet
TODAY!

LOOK WHAT'S

NEW

TRENDS you can wear!

PAY DAY treats from £20

LATEST shoes and bags

Kate Garraway

*'I'm so in love with
Harry Styles!'*

FREE
MINI MANI
& PEDI
for every
reader

T&Cs apply

**HIGHEST
FASHION
SPECIAL**

**FAST
FIXES**

*Get beach
ready in
24 hours*

**WATCH
OUT!**

The woman who
wants to sleep
with your man

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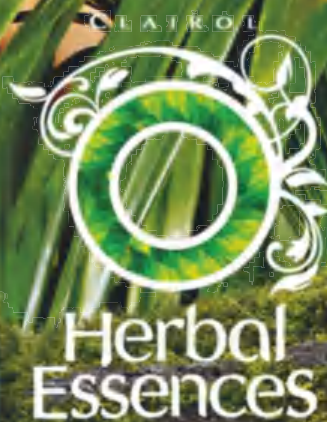
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*I*t's taken over 60 years
to look this good!

Helen Mirren.

TAKE YOUR HAIR TO PARADISE



ED'S Letter

SEPTEMBER 2015

25%
MORE FASHION
IDEAS THIS
MONTH



I LOVE SUMMER

...but I always want to see what's in fashion next.

The shops are already filling up with winter looks, so we thought we'd give you the low-down on what's hot. And the good news is, there's something to suit every taste, figure and budget. Whether you grab new clothes when you do the weekly food shop or make it a mission once a month to have a bit of me-time, now's your chance to take a sneak preview of what's in store. Happy shopping!

Catherine

GROUP EDITOR
ESSENTIALS & GOODTOKNOW.CO.UK



TREND ALERT
Discover what autumn/winter looks like now

**SLIMMING WORLD
EXCLUSIVE!**



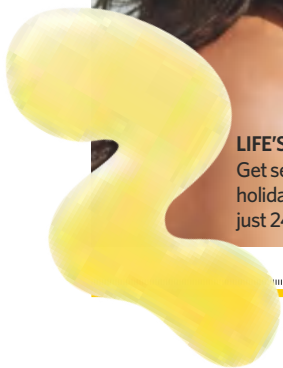
GET TRIM WITHOUT TRYING
With food that looks this good you won't even realise you're on a diet

**HOT
RIGHT
NOW**

**KATE
GARRAWAY**
Any woman who admits to liking Harry Styles is alright by me!
Read more on p8



LIFE'S A BEACH
Get set for your holidays - in just 24 hours!



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Essentials

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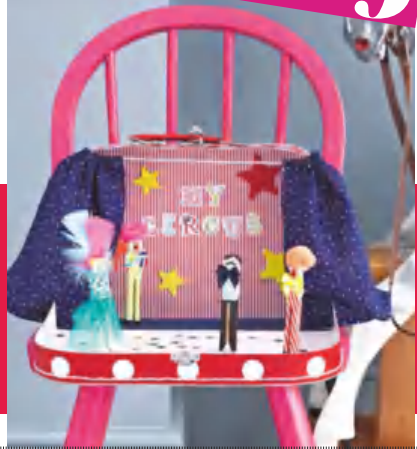
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for just £22.99 and get it delivered to your door for a year

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'I'm so in love with HARRY STYLES!'

From inappropriate crushes to lying about her age, TV presenter and mum-of-two Kate Garraway reveals her guilty secrets

INTERVIEW TERRY TAVNER | PHOTOGRAPHY DAVID VENNI

Peeking out saucily from beneath her signature floppy fringe, Ms Garraway is a breath of fresh air. Whether she's perched next to Susanna Reid on the *Good Morning Britain* sofa or stepping into LK's sizeable shoes on the *Lorraine* show, Kate's wicked laugh and sense of humour can't fail to raise a smile.

Her habit of committing hilarious gaffes (from being caught on camera sneaking a bite of peanut butter on toast, to her phone ringing live on air) just makes her even more likeable. It's no wonder her morning radio show has gained so many listeners for Smooth FM. When she's not livening up our mornings with naughty banter, Kate's a busy modern mum, somehow managing to possess all the infectious energy of a 25 year old, despite raising two children – Darcey, 9, and Billy, 6 – and being just two years shy of her fiftieth (yes, really!).

So how does she do it? She credits her doting husband, psychotherapist Derek Draper, for keeping things going: 'I'm barely awake most of the time, but he's brilliant.' Sounds like he deserves a very big present for their tenth wedding anniversary in September, although Kate confesses that the chances of that happening are very slim...

I'm rubbish at romance. I can't think of anything soppy that I've done for my husband. Bearing his children doesn't count, does it? Erm... I do cook special meals for him sometimes, but Derek is much more romantic than me.

My husband is the one who organises date nights. He goes, 'Right, the children need to be here and you need to be dressed, blow-dried and ready to go by this time.' Recently, he took me out for dinner, then to the theatre to see *The Book of Mormon*. He's good at making sure we spend time together, otherwise months can go by and you haven't done anything as a couple.

As you read this, we'll either be in Cornwall or pottering about at home. Normally I work during the holidays and the children go to my in-laws in Chorley, then on to Oxford to my mum and dad, but this year I've got two weeks off. There's

something lovely about not having to get up in the morning and rush somewhere – and not being restricted by a schedule.

I'm not plagued by mum guilt. Leaving home at 2.15am means the children are asleep for a big chunk of my working day. I finish my radio programme at 1pm, so I can dash home and have an hour to do all the domestic chores before I nip round to pick them up from school. The hours are actually perfect for me – the only problem is that as the children get older, they want to stay up later than me!

My guilty pleasure is going back to bed in the afternoon. I come from a family where you got up in the morning and cracked on with things, so the idea of getting back into bed during the day is naughty and indulgent. I so rarely get the chance, but sometimes when Derek takes the children to church on Sunday, I'll say,

'My guilty pleasure is going back to bed in the afternoon... it feels so naughty and indulgent'



'OK, I'll get on with some chores while you're out', but then I think, 'What about that *Game of Thrones* I've recorded?', and somehow I just find myself slipping back into bed. Before I know it, they're home and not a chore has been touched.

I know I need to get fitter, but it's one of those things I keep putting off. Once the children are older and I can leave them on a Saturday morning, I'll start going to Zumba classes (honest...). I do eat quite well because I think once you're a parent, you cook healthier food for the kids, and I don't often drink because I'm up so early, plus hangovers are just miserable with children. I'm not teetotal, though – I just don't drink as often as I did in my twenties and thirties. I'll still down a pint of cider on a sunny day and if I have a craving for a doner kebab, I'm happy to indulge it!

I don't think I ever thought I would be 50 – I can't believe it's only two years away! I'm quite perturbed by the idea, so a friend suggested it might help to think of people in their fifties who I admire. In terms of showbiz fabulousness, I'd choose Julianne Moore – she's got her Oscar, looks a million dollars, doesn't look stupidly too young for her age and is gorgeous. Sandra Bullock is another good one, how lovely is she? I feel happier now than I've ever been, but turning 50 does feel like a big moment. I'll probably have a huge party and embrace it, but that means I can never again lie about my age, doesn't it?

Worry less and enjoy the age you're at – that's what I keep telling myself. There's a picture of me when I was 16, on the beach with my mum and dad, and I'd just started to get curves, which I hated. I vividly remember hating my thighs in that photo. But when I look back, I've probably never looked more gorgeous! Whenever I see a picture of myself now

'I need to get fitter, but I keep putting it off – I'll still down a pint of cider on a sunny day!'



'I'm very close to Susanna – we like to think of each other as the sister we never had'

and start saying, 'Look at those wrinkles, look at that crepey skin', I remind myself of that old photo because in ten years time, I'm gonna wish I looked like I do now.

I'd never say never to having some work done. We've all seen the horror stories where things go wrong, but I do find myself in front of the mirror pulling back my face and thinking how much better it looks – whether I'd do it or not, I don't know. I keep hoping they'll invent something amazing where you can just step inside a box and come out looking 22 again!

I love having a girlie spa day with my friends. We'll have a massage, lunch and catch up on all the gossip. The old days of going out until three or four in the morning are pretty much over – at least they don't happen very often. These days, we tend to do lunches rather than evenings. You can have a really nice meal, a glass or two of sparkling wine and be home by half seven or eight, and still get to bed at a reasonable hour and function the next day.

I've finally stopped thinking about having another baby because life is very busy and I'm very happy and... I'm 48! I have a great life with my children and as the baby phase fades away, it's replaced by new phases like Darcey and I being able to see One Direction together. I'm so in love with Harry Styles – even though he's young enough to be my son, or even my grandchild! Darcey is obsessed with him, she's got a 1D duvet, lampshade, bin and a school bag, which they all signed when I interviewed them. Harry even did her maths homework... and he got them right!

I'm not tempted to leave breakfast TV, apart from when the alarm goes off! I don't think there are any other shows with the variety you get on *Good Morning Britain* – in one day you can interview the PM, talk to parents of a girl who's gone to



Syria, meet One Direction or learn how to boil an egg. It's great fun when I host the *Lorraine* show on my own, but the most fun is working as part of a team.

I'm blessed to have so many friends in the industry. I miss seeing my best friend Clare [Nasir] every day, now that she's moved to Salford. But I'm very close to Susanna – we like to think of each other as the sister we never had – and Ben [Shephard], who I've known for 16 years. He's seen me single, married and sat next to me through two pregnancies. Poor bloke!

Susanna is a brilliant interviewer, but she's not a flirt. I'm not sure whether you could call it flirting, but meeting Brad Pitt certainly had an effect on me – it was probably more about being drowned in hormones! I did up the lip-gloss and mascara for his benefit – like he'd notice!

*** Kate presents *Good Morning Britain* on ITV at least four times a week and hosts her own show on Smooth Radio, weekdays from 10am to 1pm.**

THE REAL ME

KATE CONFESSES...

- * I EAT FAR TOO MUCH CHOCOLATE** – in particular Cadbury Dairy Milk Buttons. They're like kiddy chocolates, so they don't count, right?
- * I LOVE BIG HAIR** Some people like having hair to hide behind and I'm definitely one of them. I'd feel naked with a crop.
- * I CRY A LOT**, especially in the afternoons when I'm over-tired. I've even been known to weep during *Diagnosis Murder* with Dick van Dyke!
- * I MAY NEVER LET THE KIDS' OLD PRAM GO.** I did suggest keeping it for grandchildren, but Derek was like, 'Babe, it's gonna be dust by the time we have any!'

Discover more of Kate's secrets as she plays *Truth or Dare* in our exclusive behind-the-scenes video at goodtoknow.co.uk/kategarraway

Photography David Venni **Stylist** Jillie Murphy **Hair** Ian McIntosh at Carol Hayes Management **Make-up** Samantha Cooper at Carol Hayes Management using Dermalogica & Nars **Kate wears** Pink top & white jeans, Marc Cain. Silver jacket, Joseph Ribkoff. Earrings, New Look. Long necklace, Fiorelli. Red jumpsuit, Coast. Red jacket, New Look. Leaf necklace, Dower & Hall. Bangles, Allusions at BHS. Shoes, LK Bennett. Sequin dress, Marc Cain. Multi-coloured bangles, New Look

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FAST *Fashion*

 goodtoknow_essentials

NEVER CHANGE YOUR SPOTS
Leopard print adds an edge to any outfit. This statement cross-body bag is the ultimate glam accessory.

Cardigan, **£79**, 6-22, bag, **£79**, both Boden



Star style

CLEVER CLASH
Sophie Ellis-Bextor stands out from the crowd in a Tata Naka silk outfit and super-size Mawi jewels. Note the mix of prints, a key look for autumn/winter.



We love...

...trimmings. All summer, we've seen fringing and tassels on everything, from kimonos to heels, and there's no sign of it stopping. So, stay on trend next season and grab a pair of these now! **£29.99**, New Look



SO SEVENTIES

For style inspiration from the decade that brought us *Saturday Night Fever* and white suits, try a tailored blazer with shorts – a printed shirt adds extra oomph. Jacket, **£79.99**, shirt, **£59.99**, shorts, **£44.99**, all xs-xl, Mango Premium.

x See more FASHION



Fancy extra wardrobe inspiration? Go to [pinterest.com/GTK_essentials](https://www.pinterest.com/GTK_essentials)



MODERN *retro*

Introducing your new autumn classics
with a stylish and carefree '70s twist

FASHION DIRECTOR CAROLINE BAXTER
PHOTOGRAPHY OLIVIA GRAHAM

Autumn *hues*

Invest in rust and copper tones to
instantly update your jeans.

Top, **£19.99**, 6-18 New Look

Jeans, **£45**, 6-16, Oasis

Sunglasses, **£10**, Marks & Spencer

Necklace, **£10**, Allusions at BHS

Bag, **£65**, Dune

RANCE
NAPARTE



Easily *suede*

Team '70s shapes with soft silks
for that sleek daytime style.

Top, **£38**, 8-16, Oasis
Skirt, **£75**, 10-32, Simply Be
Ring, **£7.50**, Daisy & Eve at Evans
Bracelet, **£12.50**, Wallis
Bag, **£14**, F+Fat at Tesco
Boots, **£49.99**, New Look



Soft **touch**

Swap chunky knits for a fine draped fit in the colour of the season, dark berry.

Jumper, £20, 6-22,

F+F at Tesco

Necklace, £18.50, Wallis

Ring, £39, Ottoman Hands

Forever **boho**

Pairing fresh and floaty white with boots is perfect for an Indian summer.

Dress, £45, 6-18, hat, £25, both

Limited at Marks & Spencer

Ring, £3.99, New Look

Boots, £250, Carvela



‘Team masculine tailoring with tapered trousers – they’re the new-season staple!’

New **romance**

Pair an oversized reefer jacket with a ladylike pussy-bow blouse for a modern mix.

Blouse, £19.99, coat,

£44.99, both 6-18, New Look

Trousers, 6-18, £120, shoes,

£149, both Jigsaw





Top **coat**

Go retro and opt for jackets with shearling trims.

Jacket, **£44.99**, 6-18,

New Look

Jumper, **£60**, xs-xl, Great Plains

Skirt, **£38**, 6-18, Oasis

Boots, **£160**, Jones Bootmaker

New **model army**

Muted colours and softer styling give the military look a new-season spin.

Blouse, **£39.50**, 8-22, Twiggy at Marks & Spencer

Coat, **£150**, 8-20, Star by Julien MacDonald at Debenhams

Sunglasses, **£5.99**, New Look

Trousers, **£129**, 8-14, Jigsaw

*'Invest in a romantic
ruffled blouse for
a modern twist
on workwear'*



Well **Suited**

Add a feminine touch to your tailoring with a fitted tweed waistcoat over soft sheers.

Waistcoat, **£45**, 6-22, Autograph at Marks & Spencer
Blouse, **£30**, 10-32, Simply Be
Bangle, **£3.99**, New Look
Trousers, **£45**, 6-16, Oasis



**‘Oversized sunnies
are the classic
finishing touch
to any outfit’**

All **tied up**

Add a modern edge to a knit with statement eyelet threading.

Jumper, **£29.99**, 6-18, New Look
Earrings, **£6**, Allusions at BHS
Sunglasses, **£7.99**, New Look
Bag, **£28**, Next

Words: Rachel Bassett **Fashion Assistant:** Cigdem Tanniroglu **Hair & make-up:** Kateri Glenn at Utopia NYC **Model:** Allrat Select
With thanks to Eyese Productions and L'Esmeralda Café



Shape **shifter**

Goodbye shift dress! The pinafore is your new must-have frock.

Dress, **£35**, top, **£12**, both 6-22,
Dorothy Perkins

Bangle, **£15**, Daisy & Eve at Evans

Bag, **£120**, boots, **£135**, both
French Connection

'Shopping and earning money is so easy with Quidco!'

It's so
simple &
FREE
to use



Amy Greenham tells us how she's managed to earn £1,195 and is now getting her friends involved, too

Stay-at-home mum Amy Greenham, 30, lives in Weymouth with her children Esme, Lila and Theo. Amy first discovered Quidco a few years ago when she saw it advertised on a website.

'I love online shopping and I've always been Internet savvy. When I discovered Quidco in 2008, it sounded so amazing that I signed up and I've been a dedicated user ever since.'

With three young children, I've found saving on day-to-day essentials has really made a big difference to the family budget. Quidco is great for necessities, such as house insurance, and

I was blown away when I received £150 cashback for signing up for a Sky package. It's great seeing that extra money appear in my account.

I don't just use Quidco at home, though. When I'm out, I browse all Quidco's high street retailers offering in-store cashback to earn on the move. Activating offers via the Quidco app, I get cashback on almost everything.

I'm always recommending Quidco to friends. Even the cynics among them can't deny £1,195 is a lot of cashback to have saved since I started using Quidco!



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- * Unlock exclusive and higher in-store cashback rates.
- * Keep up-to-date with your latest Quidco earnings.

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Shirt, **£35**, 6-18, River Island

Belts, **£10** for two, Accessorize



Necklace, **£10**, F+F at Tesco



Skirt, **£19.99**, 6-18, New Look



Waistcoat, **£70**, 6-18, Oasis



CHLOÉ



Hat, **£14**, F+F at Tesco



Skirt, **£30**, 8-18, Wallis



Top, **£36**, 6-18, Oasis



Jacket, **£79**, 8-20, Very



Polo-neck, **£16**, 8-24, Very

RUNWAY EDIT

Tailored luxe

Look no further than the Chloé catwalk show to see what your winter wardrobe will look like



Bag, **£25**, Red Herring at Debenhams



Shoes, **£75**, Clarks



Dress, **£45**, 4-16, Miss Selfridge



CHLOÉ



Trousers, **£24.99**, 6-18, New Look

High street **HOT LIST**

**NEW
AUTUMN
WINTER**

The *Essentials* fashion team have the inside track on all the new-season buys

DOROTHY PERKINS

Best for catwalk trends



Bag, **£20**



Necklace,
£16.50

Jacket, **£35**, 6-22



Boots, **£45**



Skirt, **£25**, 6-22



Dress, **£28**,
blouse, **£26**,
both 6-22,
boots, **£39**



x **See more FASHION**



Check out more new-season trends at [instagram.com/goodtoknow_essentials](https://www.instagram.com/goodtoknow_essentials)



Dress, **£49.50**, cardigan and scarf, **£59**, both 6-18, rings, **£12.50** a set, boots, **£99**, all Limited Edition



Jacket, **£95**, trousers, **£38**, top, **£35**, all 6-18, shoes, **£35**



Jumper, **£28**, trousers, **£40**, both 8-20, shoes, **£49**, all Principles by Ben De Lisi

OASIS

Best for luxe looks



M&S

Best for boho chic

Skirt, **£25**, 8-22, M&S Collection

Bag, **£35**, Per Una

Earrings, **£15**

Boots, **£99**, Autograph

Dress, **£149**, 8-24, Per Una



Cardigan, **£45**, 6-18

Earrings, **£8**

Top, **£50**, 6-18

Skirt, **£38**, 6-18

DEBENHAMS

Best for stylish workwear



Necklace, **£25**, Betty Jackson

Dress, **£28**, 8-20, Red Herring

Jacket, **£65**, 8-20, Betty Jackson Black

Boots, **£49**, Principles by Ben De Lisi

Bag, **£49**, J by Jasper Conran

SHIFT A SHADE & FIND YOUR
TRUE COLOUR

I've been the same shade
of red for years, but it's time to
change it up. Hello, Golden Blonde!
Looks so natural, I almost
forgot I was a redhead!

COLOUR SO NATURAL LOOKING,
IT'S THE UK'S #1*



**nice'n
easy**

CLAIROL

Christina Hendricks in Nice'n Easy 8G Natural Honey Blonde

*based on 12 months IRI colourants unit sales ending January 2015. ©2015 P&G

clairol.co.uk

MIGHTY MAROON

It's the colour for accessories this season. Ankle boots, **£69.99**, Tamaris

**BOHO CHIC**

This designer-inspired bag is a must have! Bag, **£79**, Matthew Williamson at Debenhams

**FUNKY FUR**

Small bag, massive statement. Bag, **£29.50**, M&S

**RETRO BLOCK**

Your new everyday go-to saviour. Ankle boots, **£120**, Jones Bootmaker



What's new pussycat? The bag and shoes, of course! Nicole Scherzinger struts it, US style



The accessory update

NEW AUTUMN WINTER

They're easy on the purse and always fit - we love the new-look shoes and bags

**SADDLE UP**

This season's most coveted style. Bag, **£65**, Dune

**TREAT YOUR FEET**

These look great teamed with 60-deniers. Heels, **£35**, M&S

SHINE ON

An update on a classic. Loafers, **£109**, French Connection

**COLOUR CRAZY**

Inject some fun into your wardrobe. Bag, **£45**, River Island

**OH-SO CHIC**

Put your best foot forward. Shoes, **£35**, Limited Edition at M&S

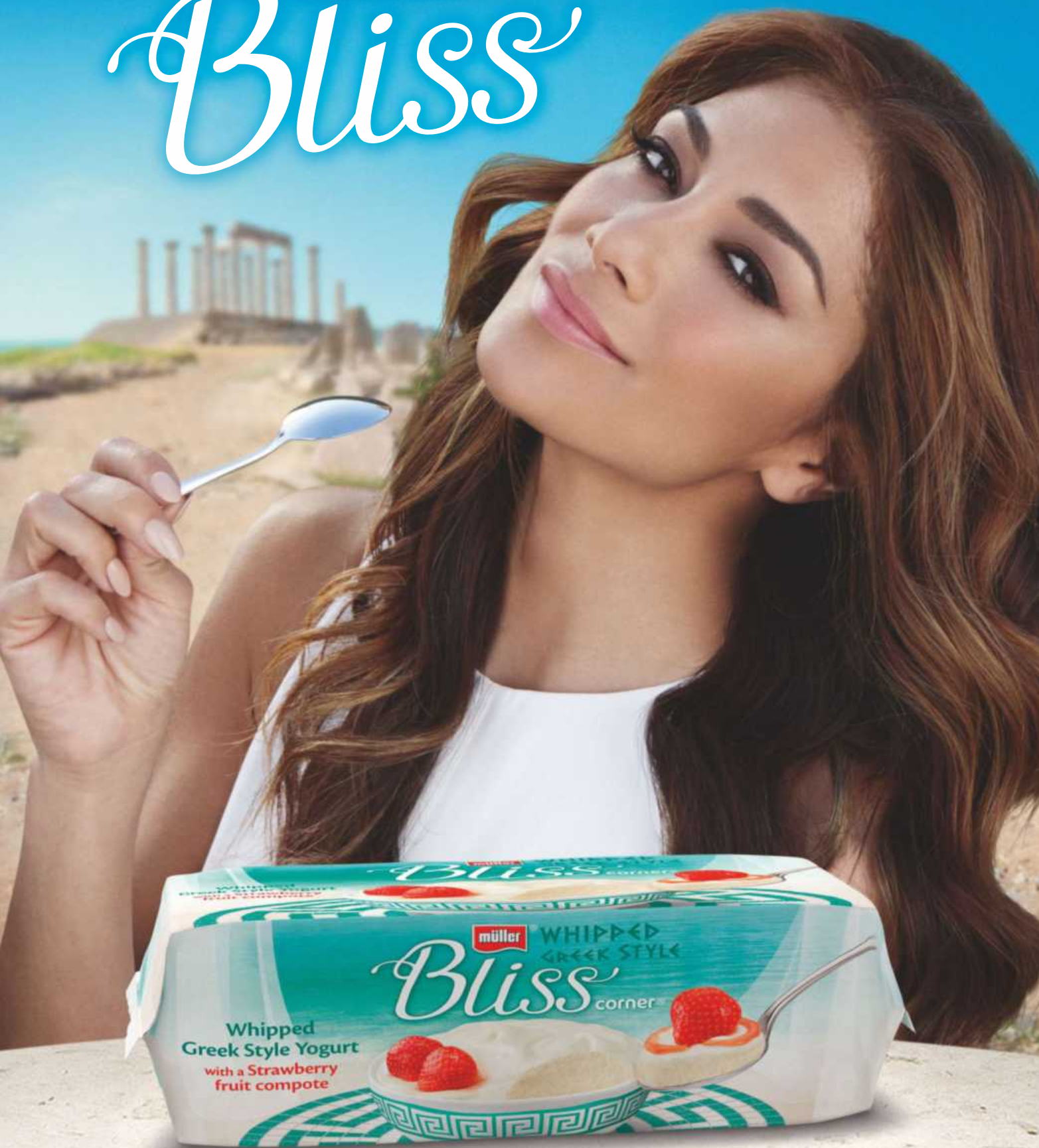
**WILD SIDE**

For stylishly toting your daily essentials. Messenger bag, **£65**, Pied a Terre at House of Fraser

**LACE IT**

Up the office style stakes. Shoe boot, **£45**, Next

*So creamy
it's sheer*
Bliss





NICCI SMITH*, 43, IS A MEMBER OF EXTRA-MARITAL AFFAIRS WEBSITE ASHLEYMADISON.COM. SHE RUNS HER OWN BUSINESS FROM HER HOME IN DONCASTER AND HAS TWO GROWN-UP CHILDREN



WHAT YOU THINK

MEN TO BLAME

It's easy to judge women who sleep with married men, but if you're single, it's up to you who you date. It's the men having the affairs who are in the wrong.

Nicola Davies

DOUBLE STANDARDS

I don't understand how anyone who'd been cheated on could then go out seeking affairs themselves. Why would you want other women to be hurt as you were?

Sally Moore

INDEFENSIBLE
Women who set out to date married men are selfish and shallow with no self-respect.

Christina Richards

PITY THEM

I feel sorry for mistresses. The men do not value them as much as their wives – and they clearly don't value themselves.

Suzanne Preston

IS YOUR MAN AT RISK?

Married men are more fun to date than single guys, argues serial mistress Nicci Smith

I wasn't always a mistress. I've actually been married twice – once when I was very young and then again, when I was old enough to know better. The second marriage ended when I discovered that my husband had been sleeping with my best friend. It was a horrible experience and it totally changed my approach to relationships.

I came across the extra-marital affairs website ashleymadison.com after googling 'dating married men'. I decided it might be the best way to satisfy my needs. It's easy to meet people that won't expect anything from me and I don't run the risk of getting hurt. I run a successful business and don't have time for a full-blown relationship anyway.

At the moment, I'm seeing four men from the site and talking to one other. Two of the men I see are purely for sex and the others generally just want to kiss, make

a fuss of me, or sound off about their lives. They're all wealthy men in powerful careers and treat me well, buying me flowers and gifts, taking me for dinners and booking hotel rooms.

All the men discuss their wives, saying that the women don't excite them any more, but they can't leave because they don't want to hurt their feelings. Rather than encouraging them to leave, I generally give them advice on how to make their marriages more exciting.

I do feel an attachment to the men I date – I honestly don't think I could make it work if I didn't, as one-night stands are generally not intimate enough for me. But it doesn't bother me when they go home to their wives. If I start

to feel jealous, I know that's when it's time to end things, but that only happened the first time.

I enjoy the secrecy and excitement that comes from having an affair (I can almost forgive my ex-husband for it now!). There are some downsides – the men rarely spend the night

and they aren't there when I just need a cuddle, but I get to enjoy all the fun bits of being with them without getting bogged down in the boring relationship stuff. They all treat me

very well, always appreciate me, and don't lie to me. In return, I give them my full attention.

I don't have any intention of changing my situation – I love being single, and although I know this isn't ideal for some people, it is for me.

'I enjoy the fun bits of being with a man without getting bogged down in the boring stuff'

x Get In TOUCH



Is there a burning issue you want to talk about? Join the conversation at [facebook.com/goodtoknow.co.uk](https://www.facebook.com/goodtoknow.co.uk)

These mums mean BUSINESS!

Having kids needn't spell the end of your career – it could lead to a whole new one. Meet the mum-preneurs finding success on the net



'I get the best of both worlds'

Elvira Tynan, 42, is a freelance marketing and social media manager. She lives in London with her husband, Marc, 44, and their two daughters, Georgie, 6, and Mollie, 3.

Before I had children, I worked as a marketing manager. After Georgie was born, my employer allowed me to go back three days a week, but when I got pregnant again, I knew things wouldn't be so easy. Two kids meant two lots of nursery runs, twice as much money on childcare, and as my husband often works abroad, it just wasn't going to work. I've always been passionate about women working, so I never imagined I'd give up my job, but I knew it was the right thing to do.

Four years later, I was ready to go back, but I wanted to do something with more flexible hours. When I came across an advert for Digital Mums, it seemed perfect. The company offers the chance for mothers to train in social media management and marketing, while partnering with a client. This 'live learning' scheme was only in its pilot stages, but after chatting to one of the founders, I gave it a go.

In my previous job, while I knew a little about social media, I mainly worked with businesses

that had whole teams dedicated to it. So my own knowledge really came from using my personal accounts on Facebook and Twitter – but the way it's used for business is totally different. As it happened, the client I was partnered with was Digital Mums themselves and I built up such a good relationship over my six months of live learning that I stayed on afterwards, working ten to 12 hours a week. Plus, I take on other social media clients when time allows, for example outside the school holidays.

It's brilliant being able to work freelance, when I want, for a company I believe in. I work predominantly from home, but it's managed in bite-sized chunks, so I can send a few tweets at the school gates or emails on the move, or I can sit at my desk for a couple of hours if I need to. The pay starts from about £12 to £15 an hour, but mums can command more, depending on experience.

Okay, I may not be earning as much as I used to when I had a full-time career, but it's nice to have a noticeable amount of extra pocket money each month.

*** If you're interested in social media marketing, visit digitalmums.com for more details on their training programme.**

‘Having children
hasn’t stopped us
working - we’ve
used social media
to create exciting
opportunities
for ourselves’



'Instagram helped me build my business'

Amy Cawson, 32, is the founder of restored vintage furniture company, Florrie + Bill. She lives in Long Eaton with husband Will, 34, and son Stanley, 2.

Quitting my job to start a business was a huge decision, because although my husband works in the furniture industry, I don't have any training in upholstery or design. But when I was pregnant with Stanley, I decided I wanted to move away from office-based work into something more flexible.

I've always loved vintage furniture and interiors, and one day I just got the idea to buy an old sofa and do it up with some nice scraps of fabric Will had brought home from work. I put the finished sofa on eBay and it sold pretty quickly, so I thought I'd do the same with a couple of old chairs.

At this point, I was still working in an accounts office, but when Stanley came into the picture, I decided not to go back to work and to focus on turning my newfound passion into a business instead.

Setting up my website was pretty straightforward, as I had a bit of training from my previous jobs, but it was actually social media that really helped me build up a customer base. Posting pictures on Instagram got people's attention and as the 'Likes' grew, my name got out there and the furniture started to sell. It took three years to build up to the level we're at, but now I'm selling up to 25 chairs a month. I've also just bought my own workshop and studio, and I've even got two upholsterers working for me now, too.

At the moment, work fits really well around Stanley's schedule. I can do my admin and update my website when he's gone to bed in the evening, and I'm only in the workshop two days a week when he's at nursery or at his grandparents.

I think the fact I'm doing something I love makes me a better mum, as I'm not coming home after a stressful day in a bad mood. At the moment I've got a really nice work/life balance and I'm so excited to see what the future will hold.

*** Check out Amy's gorgeous chairs at florrieandbill.com or follow her on instagram @florrieandbill**



'I found a community of like-minded women on Facebook'

Claire Mitchell, 45, is founder of The Girls Mean Business, a global community of more than 60,000 businesswomen. She lives in Darlington with her husband, Mitch, 48, and their 7-year-old daughter, Chloe.

I started my first marketing business in 2005 and made pretty much every mistake in the book. After a few years I finally started to find my feet, but when I turned 38, I decided I didn't want to leave it too late to have kids. Work took a bit of a back seat when Chloe was born. Unfortunately a combination of the fact that she wouldn't bottle-feed (so I had to breast feed every two hours), our biggest client going bust, and the way I ran the business meant that it went under in 2011.

At the time I was the chairman of the local business club, but I felt so embarrassed that my own company had been liquidated, I stepped down.

I soon missed having similarly minded people to talk to, so I decided to set up a Facebook page – The Girls Mean Business – to give me a platform to talk to other female entrepreneurs. I'd planned to start a consultancy business, but within a month I had 3,000 followers on Facebook, all women like me who were looking for advice on how to fit running their own business around having a baby.

I didn't have much professional experience of working online or of Facebook, but I decided to start creating downloadable resources like videos and guides. The first

one made £4,000 in a month, so I realised that not only was there money to be made this way, but that I could really help other mums out there looking to launch a project. Now, I have over 60,000 followers on Facebook and I provide free content, with the option to pay for further resources.

Business courses might be widely available, but there's not many out there specifically designed for mums who need to juggle family life with work. You've got to muddle through it and it can be really lonely. I've been there and I've made enough mistakes to help other women avoid them.

'I want other women to have the same freedom, independence and choice that I've had'

I work from home, so I can still do the school run and attend any afternoon events the teachers may organise. There's also Wi-Fi at our local soft play area, so I can work while Chloe plays, and if I need quiet time, my mum will take her for a few hours.

I just can't imagine working a nine-to-five job again – I've built my business to fit my own needs and those of my family, so the prospect of commuting or taking orders from someone else again seems unthinkable. For me, it's been a rollercoaster, but I've come out the other end and now I can share my experience. I just want other women to have the same freedom, independence and choice that I've had in my career.

*** For advice in starting up and running your own business, visit thegirlsmeanbusiness.com**



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YOU & HIM

Misplaced your mojo? Here's how to kick start your libido

LOST: One sex drive... reward if FOUND!

The average Brit has sex four times a month*. How does that make you feel? Smug? Horrified? Tired? There's nothing more taboo than talking about how much you are or aren't getting, but if your nookie sessions have dwindled lately, you're certainly not the only one. Busy schedules, stress, our age, anxiety and poor health can all act as passion killers. Luckily it's not a lost cause...

Bring back the quickie

Even a low sex drive can get a boost if you stimulate it in the right way. It might be that things have become a bit routine, so throw out your sex schedule and be more spontaneous.

'My man and I decided to ban sex in the bedroom to try and bring back some passion,' shares Amy Forrester, 38, from Brighton. 'Now we'll have a quickie on the sofa after the kids have gone to bed, or he'll surprise me in the kitchen. It has taken us out of our comfort zone and made things much more exciting, and now we want to do it all the time!'

Best of all, quickies don't take long, so they're easy to factor into a manic schedule. You don't even need to take all your clothes off!



Get an early night

Kids, work, hectic schedules and late night Netflix binges mean, when we do finally crawl into bed, often the last thing we're up for is action. But making time for sex will actually improve your night's sleep when you do drift off because when oestrogen levels increase, you sleep deeper.

'Now we have kids, and lazy morning spooning sessions are a thing of the past, my husband and I have invented "backwards lie-ins",' says Amy Harris, 32, from York. 'Once a week we go to bed, naked, at 8pm, meaning there's no pressure to have sex straight away and we're not tired, so there's plenty of time for foreplay.'

Practice makes perfect

You wouldn't run a marathon without training, so think of masturbation as taking your sex drive to the gym. 'I started masturbating when I was single

and still indulge once a week now I'm married,' says Jill Fountain, 35, from Aylesbury. 'It keeps sex on my brain and my man thinks it's a turn on.'

The hormones you release during sex are addictive, meaning the more you release

them, the more you want them – besides, why should you hold back when he's down the pub? 'Try reading erotic fiction to arouse your most important sex organ, your brain,' says Emily Dubberley, editor of *cliterati.co.uk* and author of *Garden of Desires: The Evolution of Women's Sexual Fantasies*. 'Once your imagination is stimulated, explore your own body to discover what turns you on.'

An orgasm a day...

Used the old migraine excuse one time too many? Well, remember, sex is actually good for your health. The hormone oxytocin, produced when we orgasm, is the body's natural painkiller and has the power to cure headaches (that's that excuse out the window then), ease menstrual cramps and strengthen weakened pelvic floors. It also burns around five calories a minute, boosts the immune system and lowers blood pressure. And if dryness is putting a dampener on your desires, regular sex improves your natural lubrication, too, so doing it more means you will enjoy it more. The bottom line? Just do it!

* More HOT TIPS

For more ways to spice up your sex life, visit goodtoknow.co.uk/sextips

Are your kids SAFE ONLINE?

How can we protect our children from a world we understand less about than they do, asks author Fiona Neill

My own technological ignorance was exposed by my children several years ago when, fed up with them watching *Charlie Bit My Finger* on a loop, I declared that I was going to remove YouTube from our computer. 'How are you going to do that?' quipped my youngest son, 'suck it out with the Hoover?' This was back in the good old days, pre-Wi-Fi and smartphones, when it almost seemed possible to keep tabs on what your children were doing online by installing parental blocks on a computer that was too heavy to move from the kitchen, let alone hide under the bed covers.

Now, with a moveable feast of social media, portable devices from phones to iPads, and new apps and games launched every week, it can seem a monumental task for parents to stay abreast of the constantly evolving digital landscape. Not least when recent Ofcom research showed that the average six-year-old understands more about technology than the average 45-year old. But ignoring the issues isn't an option.

Talk the talk

Educating children about the Internet has become as much a part of contemporary parenting as teeth brushing. And the best way of promoting healthy online habits is good old-fashioned discussion. Buying expensive software that can track your child's digital movements might make you feel like a good parent, but it's no substitute for open dialogue. Nor will it necessarily help your daughter make the best decision



when her boyfriend asks her to send a naked selfie. 'Our number one recommendation to parents is to talk to their children from an early age and get involved in their online life,' says Kate Burls of the National Crime Agency's CEOP command. 'The more involved a parent is, the safer for the child.'

Too much, too young?

The advent of the tablet means that children are on screens younger than ever before. The other day I was stopped in my tracks by the sight of a toddler in a pushchair with an iPad strapped to the front.

Given that so much parental energy is consumed by arguments over screen time, it seems there is little to be gained from entering the digital fray too early. Let the under fives find other ways to entertain themselves. Take heart from the techies out in Silicon Valley: many Apple, Ebay and Google executives send their children to Waldorf Elementary School in California, where you won't find a computer or screen of any sort.

The pre-teen years can be one of the trickiest periods to negotiate, says IT consultant David Scott. It is when children who aren't necessarily mature enough to manage social media sign up to Facebook or Twitter, often without their parents' knowledge, and say things online they would never dream about saying in public. Cyber bullying can become an issue.

Scott says that although most Internet Service Providers and mobile phone networks include filters or have opt-in options for parents to protect children from inappropriate websites, this doesn't guarantee that they will all be blocked. Savvy pre-teens know how to negotiate their way around parental blocks. A friend told me recently that she was horrified to discover the group of 12-year olds she was driving to a football match had all seen online footage of beheadings by ISIS.

The naked truth

According to Kate Burls, one of the most consistent problems that CEOP sees at the moment relates to the consequences of sexting, where mostly teenagers, but sometimes even pre-teens, share intimate images or videos of themselves online. The majority of those sending images are girls, while those receiving them are boys.

Having researched and written a novel about a teenage girl who gets involved in

a sexting scandal, I know that sexting has become as much a part of teenage risk-taking as alcohol and drugs. It has also spawned revenge porn, a particularly damaging form of non-consensual pornography, whereby former boyfriends or hackers post sexual photos and videos, mostly of young women, online without their permission.

It's a major source of cyber bullying, so it's worth reminding boys that anyone who sends sexual images of a girl under the age of 18 could potentially find themselves charged with distributing indecent images of children. In addition, in the UK, revenge porn carries a two-year prison sentence.

Of all the issues that parents find difficult to discuss with children, pornography is one of the trickiest, but one of the most important. Whereas many children will manage to avoid digital stranger danger, most will be exposed at some time to Internet pornography; its one-dimensional view of women and relentless focus on male pleasure are unrealistic and a lot of the content is disturbing and violent. One mother told me that her son had come back from scout camp asking whether it was common for women to have sex with horses after seeing a clip on a friend's phone.

Children need to be taught how to deal with explicit material and teenagers need to know that what they view online isn't how sex is in the real world. Knowledge is power, both for parents and children.

* Fiona Neill's novel *The Good Girl* (£11.99, Penguin) is out now

'Of all the issues that parents find difficult to discuss with children, pornography is one of the trickiest'

10 WAYS TO PROTECT YOUR TINY TECHIES

- 1 **Talk to your children about what they are doing online from an early age.**
- 2 **Establish healthy habits, eg don't let pre-teens have tablets and smartphones in their bedroom.**
- 3 **Try a digital detox by switching off the Wi-Fi at 9pm or having periods where all devices in the house are turned off.**
- 4 **Check that parental controls are enabled on all devices, but don't assume they will prevent your child from being exposed to inappropriate content.**
- 5 **Buy teenagers *Sex and Lovers: A Practical Guide* by Ann-Marlene Henning, or get them to watch the brilliant Ted talk *The Great Porn Experiment* for a different view of sex than what exists online.**
- 6 **Point out the pitfalls of sexting by reminding children that nothing they do online is truly private and that it is never okay for someone to pressure them for naked images.**
- 7 **Don't be relentlessly negative about technology. Learn from your children. Play games with them. Show an interest in their Instagram account.**
- 8 **Make sure your children know that if something goes wrong, you won't be angry or judge them.**
- 9 **Remind children not to share passwords with friends. Make sure passwords contain a number to make them more difficult to hack and don't use the name of your pet.**
- 10 **Leave newspaper articles that might provide useful points of discussion lying around the kitchen.**

x More ONLINE SAFETY



For more tips on keeping your children safe online, visit goodtoknow.co.uk/digitalkids

SECRET STALKING

From hacking our ex's hotmail account to following that dishy stranger home, we've all taken our obsessions a little too far at times...

I used to visit my local Costa way more than I should because I had a thing for the hot manager – but hey, it worked, after a few months he asked me out on a date!

Rebecca Smith

When I can't sleep, I spend hours scrolling through all my former boyfriends' social media feeds while my husband lies sleeping next to me. Serves him right for that awful snoring!

Louise Harrison

I was stalking my ex's new girlfriend on Instagram and accidentally liked a picture of them. I immediately shut down my own Instagram page in the hope it would somehow undo it and have never been back on there!

Anonymous

I added 25 minutes to my journey home, just to share the same packed train carriage as 'the fit guy in the red jumper'.

Linda Wise

After a work colleague stabbed me in the back and I got a new job, I unfriended her on Facebook, but I still keep tabs on her by checking her Twitter and Instagram feeds. It makes me feel better to know I'm doing better than her now.

Anonymous

I helped set up my boyfriend's mum's Facebook, so I knew her password and when I found out he had cheated with an old flame that was also a good family friend, I'd log on to her Facebook to stalk her. For a while I was obsessed, but I'm over it now – thank god!

Anonymous

If I'm on the phone to a client who sounds sexy, I'll go on LinkedIn to see what they look like. A couple of times I've forgotten to log out, so I know they'll get a notification to say I've viewed their profile – cringe!

Charlotte Moran

I knew my ex's email password and used to log in after we broke up to see what he'd been up to. He should have known to change his password – I did!

Anonymous

Shortly after my ex got married, I googled their first names and the name of their venue with the suffix 'wedding photography blog' and got a front row seat to all the pictures of their 'special day'... This isn't a tip. Don't do it – it's soul destroying.

Anonymous

I set up (and still use) a fake LinkedIn account just so I can keep tabs on all my ex-bosses/colleagues/boyfriends without them knowing it's me...

Anonymous

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Keep it TOGETHER

The kids are sick, work is busy and you've had a row with hubby – here's how to avoid a meltdown

Keep your cool

There are no two words sure to instil more anxiety in a woman than 'don't panic', but we can't stress enough how important it is to stay calm when it feels like there's chaos all around. If you spend all day at work fretting about your kids or taking irate calls from your partner, you're far more likely to drop the ball on an important project. And even the most understanding boss will begin to have doubts over your capabilities if they keep finding you sobbing at your desk. The best way to cope is to FOCUS – put your phone on silent, don't be tempted to vent to a co-worker, and if you begin to feel your emotions

bubbling over, try some breathing techniques. 'The practice of being in the moment with your breathing will begin to train your brain to focus solely on the task at hand,' says Dr Travis Bradberry of emotional intelligence provider TalentSmart. 'When you're feeling stressed, take a couple of minutes to focus only on

your breathing. Think about how it feels to breathe in and out. Try counting each breath in and out until you get to 20, and then start again from 1. You'll be surprised by how calm you feel afterward and how much easier it is to let go of distracting thoughts that otherwise seem to have lodged permanently inside your brain.'

Give yourself a break

Even the most understanding boss will begin to have doubts over your capabilities if they keep finding you sobbing at your desk

It's a fact that workers who take regular breaks are more productive than those who don't, so if you've sacrificed a lunch hour in order to stay on top of things, you're not (we repeat NOT) doing yourself any favours. A new study of 2,000 British workers* shows that 44% of workers feel re-energised after stopping for a cuppa, and 33% feel more productive. Yet almost half of those surveyed don't actually take time out. Psychologist Honey Lancaster-James says we need to change our attitudes: 'Fewer tea breaks reflect the increasing pressure people feel they

are under at work. Yet research has indicated time and time again that striking a balance by taking short breaks during the working day increases people's productivity and creativity.' Rather than spending your breaks moaning to your work buddies, try to use it to switch off – go for a walk, read a book, or join in that yoga class. Your brain needs some rest time to work most efficiently and giving yourself time out from the job at hand could actually be exactly what you need to resolve a tricky task or reach a breakthrough with a personal issue.



Put out an SOS call

Let's be honest: you're not going to be at the top of your game with a snotty child attached to your ankle or last night's battle with your partner on your mind. So, forget about doing it all and get on the phone to anyone who can come to your aid. Grandparents, siblings, friends and neighbours – they're all fair game when it comes to babysitting. If they can't take the kids off your hands all day so you can make it into work, they can at least take them out for a few hours in the evening, so you can spend some time mending fences with your hubby, put in a few hours at the laptop or just get on with the ironing. Struggling to find a willing volunteer? You need to remind them about the last time you bailed them out in their hour of need.

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'I COULD NOT SAVE MY HUSBAND'

Poorna Bell knew her husband suffered from depression, but she never believed he would one day take his own life

One of the most common questions people ask me, when I talk about my husband's death, is whether I knew he had depression before we got married. The answer is, of course, yes. I think they wonder whether my life would have been better if I had not married Rob.

So when they ask me, I always think: you don't understand a thing about our love and the connection we had. If you did, you'd know that every second with this man was worth it.

We met on a wintry January evening six years ago – a blind date I nearly cancelled, but ended up honouring because a friend had set us up. What started as a slow-burning interest turned into a forest fire, so when he mentioned his depression a few months in, it didn't change anything. How could it? I was a woman in love.

What I loved most about Rob was his kindness. On our fourth date, he made me

chicken noodle soup and was ready to leave it on the doorstep at my request because I didn't want him to see how snotty I was. Then there was the time he spent all night searching for our escaped tortoise (incidentally, the crankiest, evilest thing alive), saying: 'He is my creature, and it was my job to look after him'.

The kindest man

When his grandmother died, he decided to commandeer his cousins to make her favourite biscuits to remember her, then insisted that all the leftovers went to the local homeless shelter. As my sister put it at his memorial: 'He was one of those rare human beings who understood that giving to other people doesn't diminish what you have, it magnifies it.'

Rob and I wanted the same things from life: we wanted to get married, to move abroad in a few years and set up a business. And we wanted babies. When I pictured him (or myself) at the end of

our lives, it was always surrounded by children and grandchildren. Never for one minute did I think he would die alone, at night, surrounded by despair, unable to see the love I had for him and allow that to guide him back home.

Married life is not always easy, and for us, it was harder than most. I didn't realise this before our wedding, but the prospect of being married triggered a big, depressive relapse for my husband. It robbed him of the ability to sleep or communicate. I was so busy planning our wedding that I didn't feel the full effects of it until after we came back from honeymoon. He explained it wasn't specifically about marrying me, it was about the expectation, the pressure he put upon himself to be a good husband, and the worry that he wouldn't be up to the task. In other words, it came down to his feelings of self-worth.

Once I knew how bad it could get, it was a question of rallying behind him and building my world around his health. I always had the hope that the depression would lift, so this got me from one day to the next. The most difficult part was feeling like I was handling it on my own. It wasn't that I didn't have supportive friends or family, but I think most people find it really hard to understand mental illness. They see it in black and white: my husband had depression, so surely my life must have been terrible? But that wasn't true – we had good and bad days. The good days were bliss. I looked at that man

'Never for one minute did I think he would die alone, at night, surrounded by despair, unable to see the love I had for him and allow that to guide him back home'



and thought, I could spend every single day just talking to you and doing the most mundane things and I'd be happy.

It was when we were talking about trying for children that Rob had another relapse. I didn't think he was in any danger. He'd spoken to me about suicide before, but promised he wouldn't do it. So what changed? He had access to the best care – doctors and therapists – but deep down, I think he'd already made the decision. He couldn't reconcile the man he wanted to be – a father, a husband – with the illness that kept pulling him further into the darkness.

Our last conversation

He was in Auckland at the time of his death, staying with relatives. We spoke on a Tuesday night via Skype, ending our conversation with laughter. Then, two days later, I received the call. Rob had been found, he was dead, and the earth stopped moving for me.

In the aftermath, I felt it was something I had to keep secret. Whether it was the air stewardess, the bank clerk or mobile phone salesmen murmuring how 'young' I was to be a widow, I felt I couldn't say why my husband died. When I returned to work, I was advised I didn't have to tell people if I didn't want to. But I thought: Would I be given the same advice if my husband had died of cancer? Or is his death viewed as being 'selfish' because it was suicide? Yet Rob was far from selfish. He was the kind of person who'd drive three hours to come and landscape your garden if you needed him to.

I've learned since Rob's death that we can all benefit from the ethos he lived by, but was unable to apply to himself – and that's kindness. It takes a lot for a person with mental illness to talk about how they feel – to open up and be truly vulnerable. Too many times they hear: 'It's all in your head', 'think positive' or 'man up'. What they need is kindness and understanding.

I could not save my husband, only he could have done that. In the end, he found that too hard and nothing I could have done would have shielded me from this tragedy. To wish that away would mean removing all the love, laughter and joy, and why would I do that, when that is the most precious legacy he has left behind?

* Poorna Bell is Executive Editor and Global Lifestyle Head of *The Huffington Post UK*; huffingtonpost.com

Northern STAR

Actress Sally Lindsay on being a mum of four, her modern marriage and why she'll always feel at home in Manchester

With five years in *Corrie*, plus leading roles in *Ordinary*

Lies and Mount Pleasant, Sally's one of the most recognisable faces on TV. Yet the Stockport-born actress has a distinctly unstarry approach to life, always putting friends and family first. She didn't hesitate in taking a back seat to best friend Suranne Jones when she discovered she was expecting twins during the making of *Scott & Bailey*, the show they dreamed up together. Not that life slowed down afterwards. The arrival of her two boys Louie and Victor, now four, turned Sally, 42, into a master of multi-tasking; particularly when you throw two stepchildren into the mix, too.

Becoming a stepmum isn't the easiest thing in the world. Curtis and Kristabel are 21 and 18 now, but when they were little their ideal was obviously for their mum and dad to be together, so you've got to be sensitive to that. We've had





Sally, husband Steve and their boys support a cause that's dear to her heart

ups and downs, but they're fabulous kids and I love them dearly. There are six of us now and we come as a package.

I've won the lottery with

Steve. He's been absolutely practical and hands-on with the kids right from day one, and I know how lucky I am. We split the childcare equally, so when he's working [as a drummer], I'm at home with the boys and vice versa. Often, he knows more about what's going on at home than I do!

We were together for ten years before we got married.

We always knew we would marry at some point, but we already had all that grown-up stuff together anyway – two mortgages and four kids between us. We just did it as a celebration really. Although legally it is very helpful, too!

Date nights are something we'll always make time for.

I think that by spending time together and working on your

marriage, you're actually investing in your children's future, because hopefully it means you'll stay together. I've seen couples lose their way, because having children is all-encompassing and I don't want that to happen to us.

I can't believe the twins start school this year.

I'll miss them when they go, but they can't wait – they're so ready to be in that environment. Louie's already spelling and reading. I can't do much more with them – they need a teacher!

The boys constantly make

me laugh. They're very cheeky and they gang up on me, but it's so hilarious it's hard not to laugh, even when I'm giving them a telling off. As long as they're kind, well behaved and not rude to other people, that's all I really want.

I grew up in Manchester and we still have a house there, but we live in London.

The kids have cockney accents, which always makes my mum laugh, but they seem just as comfortable up North as they are down here. They just don't know whether to support Manchester City or Charlton!

Suranne Jones is one of my best friends in the world.

I'm still close to Antony Cotton from my *Corrie* days, too. When you have children, it's difficult to find time for friends. But even if you don't see them for six months, it doesn't matter. You can spend an afternoon catching up over lunch and that's it, you're back in the room. I love that.

I don't understand why women worry so much about their size.

I was a bit like that in my twenties, but I grew out of it and nobody's ever asked me to be a certain size for work. Of course, it'd be brilliant if I were a 6ft 4 model, but that's

'It'd be brilliant if I were a 6ft 4 model, but that's not going to happen, so I'll just be happy as I am'

not going to happen, so I'll just be happy as I am. I think if you're happy in your own skin, it's the most attractive you can be.

One of my biggest fears

about getting older is that you could lose your sanity and memories due to Alzheimer's.

It happened to my grandmother, Ellen, when she was just 70. She was a wonderful inspiration to me and it seemed so unfair – it just took away who she was.

As soon as I was in a position to help, I got in touch with the Alzheimer's Society.

I've been working with them for nearly ten years now and I'm looking forward to joining their Memory Walk in September. They have them every year to raise funds for people affected by dementia. There's so much support, it's a really brilliant atmosphere and the kids love it, too.

*** For more on the Memory Walks, see p61. Find a local event at memorywalk.org.uk**

MY BIG LOVES

♥ **MY WEDDING**

It was the best day of my life. Everybody I loved was in that room and my babies were there, all

four of them. It was amazing.

♥ **MAJORCA**

We go back every single year. It's so relaxing and beautiful. Steve says we're going to live there one day – but I don't think there's much use

for actresses and drummers over there. Maybe we could open a bar!

♥ **ORIENTAL FOOD**

I love Japanese and Chinese food. I can literally eat anything that's put in front of me.

♥ **THE SPLITS**

It's my secret talent. Usually I'll do them when I've had too much to drink – that's when Steve says it's time to go home!

♥ **DIY SOS**

It's my guilty TV pleasure. I love it!

UnMasque Beauty.

In less than 30 minutes you can unmask better looking skin with individually wrapped sheet masks infused with advanced ingredients leaving your skin looking more radiant.



SCAN TO UNMASQUE



www.masquebar.co.uk



New
product

Available at larger Boots

Available at boots.com



Let's feel good

Subject to availability.



EASY Beauty

GoodtoKnow.co.uk



HI THERE!

**SARAH ALLARD REVEALS
ALL THE BEST TRICKS
TO LOOKING GORGEOUS
IN NO TIME AT ALL...**

MAGIC WAND

We all want long, luscious lashes with no clumps and only the best mascara can get the job done. My holy grail go-to is **Kiko Extra Sculpt Volume Mascara** £8.90, but **MAC Upward Lash**, £19, is worth its price in blinks, too. Or, be brave and go for a splash of colour with **Benefit They're Real! Mascara** in black, brown and blue, £19.50.

 Want sexy eyes without looking like a panda? Try our step-by-step tutorial at goodtoknow.co.uk/smokyeyes



IF YOU BUY ONE THING...

...then make it the new **Origins Original Skin Retexturizing Mask with Rose Clay**, £23.

Not only does it draw out skin impurities, it gently exfoliates your skin to give a radiance boost. Double-duty beauty at its best!



150
THE AVERAGE AMOUNT
OF LASHES ON EACH
EYELID - THAT'S A
WHOLE LOT OF
FLUTTERING!

**TRIED
TESTED
LOVED**

I've done it! I have found the perfect foundation. It lets skin breathe, but still gives really good coverage and masks any imperfections without looking cakey. Too Faced Born This Way, £29, Debenhams, is oil free but contains coconut water, which replenishes moisture levels without looking shiny - give it a go.



WRINKLE BUSTER

Avon sells an astonishing 6.84 products from its cult anti-ageing ANEW range every single minute in the UK - even Lorraine Kelly's a fan. And now there's a new member, the **Ultimate Night Multi-Performance Cream**, which promises to regenerate and revive your skin and target fine wrinkles. Not bad for £24, eh?



Psst! We have more celeb anti-ageing secrets at goodtoknow.co.uk/wrinklefree



Beach ready in 24 hours

Running out of time before your holiday? Our handy must-read checklist will help you cheat your way beautiful

WORDS & STYLING JESS HENLEY | PHOTOGRAPHY ELISE DUMONTET

The night before you go

* **BRONZE UP** A bit of colour will make you feel more confident, so it's not too daunting slipping into that swimsuit. Try a sink-in-quick oil, like **Autograph Self Tan Oil for Face & Body, £12.50**. Taking just four hours to develop, it lasts for three days. Slather it on early evening and it'll be dry by bedtime.

* **DE FUZZ** Forgot to book a salon wax? Try the DIY approach with **Nair Argan Oil Body Wax Strips, £6.69**, or the new **BIC Soleil Scent Razors, £3.69 for four** – each one has three blades, so you'll get a close shave, plus soothing lanoline and vitamin E will prevent irritation. However, you might want to splash out on the **Braun Silk Épil 9, £170**, which removes hair in no time, and the results will last your whole trip.

* **MASK IT** Feed your skin and hair with an intensive hydrating treatment, so they'll look plumped, fresh and healthy. Use

masks that you can leave on overnight to get maximum benefits. Sarah Meadows, beauty buyer at M&S, recommends **Pure Super Grape Miracle Glow Clay Mask, £12**, for skin, and for hair try **Philip Kingsley Elasticizer, £28**.

* **NAIL A COLOUR** If you find yourself with a spare five minutes, ignore the washing pile and do a super-speedy mani/pedi. **Revlon ColorStay Gel Envy, £6.99**, combined with **Revlon ColorStay Gel Envy Diamond Top Coat, £6.99**, will dry in 15 minutes and last up to ten days, so no chipped varnish while you're away.

* **TINT YOUR LASHES** Don't be scared, it's easy. We love **Colorsport 30 Day Mascara Black Dye Kit, £8.25** – it's just like mascara, but doesn't smudge in the pool.

62%
OF WOMEN RATE
FEELING CONFIDENT
AT THE TOP OF
THEIR SUMMER
BEAUTY
LIST



In the morning

*** KEEP HAIR STRAIGHT** After washing your hair, spritz in John Frieda Frizz Ease 3 Day Straight Styling Spray, £6.99, which uses keratin to keep it looking sleek, straight and blow-dried for three days, perfect for the start of your holiday. Don't worry, by the time it wears off, you'll be rocking your holiday glow – and that works perfectly with relaxed beachy waves.

*** GET GLOWING SKIN** Start your shower with a face peel like Caudalie Glycolic Peel, £22. Leave it on for just two minutes – it might feel a bit tingly, but that's just the enzymes getting to work. Once you rinse it off, your skin will look holiday fresh.

*** STAY SUN SMART** Don't forget to pack a mini sunscreen in your hand luggage. Those sun rays will be hard at work as soon as you land, so make sure the whole family is fully protected with M&S Sun Smart Sun Lotion SPF30, £2.50.

While you travel

* **STAY HYDRATED** Travelling can dehydrate your skin, so keep a cooling face mist, such as **L'Occitane Precious Mist, £14**, in your hand luggage. Lightly spritz it on during your journey and not only will it quench your thirsty skin, it will also refresh your make-up.

* **PERFECT YOUR POUT** Lips dry out really quickly, so keep them hydrated with a clear lip balm like **Collection Green Apple Lip Balm, £1.99**.

* **PERK UP YOUR PEEPERS** However you travel – whether in the car or on a plane – it's always tiring, so keep your eyes well rested with a few eye-brightening drops, such as **Optrex Eyedew Dazzling Eye Drops, £3.99**.

* **THE LONG GAME** Shake off the last few hours of toddler in-flight fun(!) with a refreshing touch of long-lasting make-up. Try a waterproof mascara such as **Diego Dalla Palma Semi Permanent Technical Mascara, £17**, then dab on a cheek and lip stain, like **Benefit Cha Cha Tint, £24.50** – this will have you looking utterly fabulous on arrival... we promise!



hours of toddler in-flight fun(!) with a refreshing touch of long-lasting make-up. Try a waterproof mascara such as **Diego Dalla Palma Semi Permanent Technical Mascara, £17**, then dab on a cheek and lip stain, like **Benefit Cha Cha Tint, £24.50** – this will have you looking utterly fabulous on arrival... we promise!



96%
OF WOMEN WOULD
LIKE TO IMPROVE
THEIR OVERALL
APPEARANCE
THIS SUMMER

When you're there

* **WHAT CELLULITE?** Use a suncream that has clever light-reflecting particles. Not only will it give you full sun protection, it'll also help hide the appearance of the dreaded orange peel skin. We recommend **Hawaiian Tropic Shimmer Effect SPF25, £13.99**.

* **PROTECT YOUR TRESSES** Prevent your hair colour from fading by using a UV protective spray before heading out into the sun. And, just like your suncream, it's best to reapply it throughout the day. Our pick for the summer is **L'Oréal Professionnel Solar Sublime UV-Protect, £12.99**.

* **GET FLAWLESS SKIN** Since you haven't got your natural golden glow yet, fake it by mixing a drop of your foundation in with your face suncream. This way you'll get full protection, as well as a perfect complexion – it's a win-win!

* **DETANGLE LOCKS** Sun, sand and sea can play havoc with just about anyone's hair, so best to get it in tip-top condition before you travel and take a few precautions while you're away. Prevent knotty hair forming with a quick spritz of a detangling spray, such as **Shu Uemura Wonder Worker, £22**.



Styling: Jess Henley **Still-life photography** Full Stop **Hair & make-up** James McMahon using L'Oréal Professionnel **Model** Shivar at Leni's **Thanks to** Cancun Convention & Visitors Bureau. The team stayed at Secrets The Vine Cancun Resort & Spa (Cancun, travel)

You want... A SOFT WAVE

This style works best on naturally straight or fine hair that doesn't hold curl well, so you'll be left with subtle waves. Tong small sections of hair to make curls tight, then once you're all curled, rest each ringlet in the palm of your hand and spritz with strong hold hairspray and leave to dry.

Style secrets

- * **Use a texturising mousse** or spray when your hair is damp to give new curls more hold and make them last longer.
- * **Wait for second-day hair**, a super-straight mane needs styling when it's not squeaky clean, that way the curls won't drop out so quickly.
- * **Don't use conditioner** as hair that's too soft won't hold. Just apply a heat protector spray to dry hair after you shampoo.
- * **Avoid curl-specific shampoo**, instead opt for a volumising one. It'll help your hair swell, giving it more chance to hold.

Your tool-kit

Swell Advanced Volumizing Shampoo, **£25**
Schwarzkopf got2b Mind Blowing Xpress Dry Styling Spray, **£4.19**
Tresemmé Perfectly (un)Done Sea Salt Spray, **£5.50**
Glamoriser Auto-Curler by Richard Ward, **£74.99**



CURL power

Step away from those straighteners - curly hair is back so, whatever the texture of your tresses, it's time to get your bounce on

You want... **BIG 'N' BOUNCY**

This works well with thick and frizzy hair. First smooth through a light soft curling cream. Next add a dollop of mousse to hold your curls in place as you dry it. Make sure you use the diffuser with your hairdryer and only on the warm setting – it gives a more defined curl. After extra bounce? Once dry, use large hot rollers and finish off with some super-shine spray.

Style secrets

- * **Choose a shampoo** for curly hair to help hold its shape.
- * **Use a leave-in conditioner** 'It acts like an undercoat before you apply products,' says stylist to the stars Charles Worthington.
- * **Spritz anti-frizz spray** on wet hair as soon as you get out of the shower to help keep it smooth.

Your tool-kit

Charles Worthington Volume & Bounce Body Booster Mousse, **£5.99**
Paul Mitchell The Conditioner, **£5.75**
L'Oréal Professionnel Hollywood Waves Tecni Art Waves Fatale, **£14.99**
Aveda Be Curly Co-Wash, **£17.50**
Nicky Clarke AC Pro 2000 Dryer, **£27.99**



You want... **RINGLETS**

Apply a curling cream to damp hair, take small sections and wrap into tight ringlets around your fingers, then leave to dry naturally. Best for tight, coarse hair.

Style secrets

- * **Don't wash hair every day** – spritz with water and smooth through a light oil to reduce frizz.
- * **Less is more** – don't over-use products that weigh hair down and use sparingly.
- * **Leave conditioner on for 3 minutes** to let it penetrate and use an intensive mask every week.
- * **Forget about layers** – trust us, they will make your hair look wider.

Your tool-kit

Joico Curl Controlling Anti-frizz Styler, **£12.95**. Dove Pure Care Dry Oil, **£9.99**. Redken All Soft Heavy Cream, **£21.25**. Pantene Expert Hydra Intensify Shampoo and Conditioner, **£5.99**



Feature Jess Henlaw **Photography** Camera Press/Votre Beauté/Frederic Farre (soft wave), Lickerish/Sergi Jasnada (big 'n' bouncy), Camera Press/FigaroPhoto/Alexandre Weinberger (ringlets)

10 BEAUTY RULES

you should never break

From priming to lining and everything in between, follow our top ten rules for your best summer make-up ever!

1

LESS IS ALWAYS MORE

Simplify your usual beauty routine by using fewer products.

Your skin will be able to breathe more easily, which will reduce the risk of breaking out in spots. Switch to a multi-tasker, like **Maybelline Dream Bronze BB Cream, £6.99**, which hydrates, covers an uneven skintone and gives you a gorgeous glow.



2

'TIS A CRIME NOT TO PRIME

'Primer is an essential part of make-up prep,' says Janine Bird, National Make-up Coach for Smashbox Cosmetics.

'But you need to pick one that's suited to you.' Remember, skin often gets oilier when it's hot, so a mattifying one, such as **Smashbox Photo Finish Foundation Primer Pore Minimizing, £28**, is ideal. Or, if your office cranks up the air con, try **Nivea Express Hydrating Primer - Dry Skin, £4.99**.



3

KEEP YOUR COOL

'Never leave your make-up in direct sunlight,' says Florrie White, Clinique UK Colour Artist. 'Foundation, lipstick and cream blusher can easily change texture and colour if they get too much heat.' Don't forget to keep your bag in the shade, too, as this is often where you keep your lipply.

5

DITCH YOUR FACE POWDER

It may sound like strange advice, given that you probably get a bit shiny on balmy summer evenings, but powder can cling to sweaty patches on your skin. 'Instead, treat oily breakouts by either dabbing the area with a tissue or by using a mattifying gel or balm,' says Florrie White. We like **Wild About Beauty Mattifying Balm, £21**. It's great for on-the-go touch-ups and a little goes a long way, so you really get your money's worth.



4

MASTER THE ART OF LONG-LASTING LIPS

Glosses and creamy lipsticks can slip and slide all over the place, so stains and tints are the answer if you want your lip colour to last in hot weather. We love **Ciaté Lip Locked**

in So Be, £18 - it's dual-ended with a long-lasting tint at one end and a hydrating balm with shea butter at the other.

That way you get colour that stays put, but that's comfy to wear all day long. Win win!



6 LAYER YOUR LINER

As a rule, gel eyeliners tend to be longer-wearing than pencils, but they can be tricky to apply. So, if you'd rather stick to your trusty kohl pencil, use a shadow primer – such as **Urban Decay Eyeshadow Primer Potion, £8** – first. Apply your liner, then add a flash of waterproof cream eyeshadow, like **Guerlain Summer Shadow in Blue Ocean and White Sand, £22 each**, for a lasting dose of shimmer. If you're using a powder shadow, apply it with a square-shaped brush – we like the **MAC 212 Definer Brush, £19**.

7 WATERPROOF MASCARA IS YOUR NEW BFF

When it's hot and you need a budge-proof formula, try **Kiko Extra Sculpt Waterproof Mascara, £8.90** – you'll get a fuller flutter without wilting in the heat. If you want to stay loyal to your existing mascara though, you need **BareMinerals Locked & Coated Waterproof Top Coat, £12**. Be warned, oil-based make-up will cause waterproof mascara to smudge, so don't take your under-eye concealer right up to your lower lash line.

8 STICK TO A SAFE TAN

We all look and feel better with a little colour in our cheeks, but faking it is still the safest way to sun-kissed skin. Go for a waterproof bronzer like **Rimmel London Natural Bronzer, £5.99**, or **Make Up For Ever Pro Bronze Fusion, £28**. That way, if you decide to take a dip – or get caught on a packed train – your faux glow won't slide off your face! Apply it using a big fluffy brush to the places that the sun would naturally hit, like your temples, the tops of your cheekbones and along your jaw.

9 HEAT PROTECT YOUR FACE

Before you step out the door, finish with a quick spritz of setting mist. It's the fastest, most foolproof way to prevent your make-up from going anywhere. The genius mist **NYX Make-up Setting Spray, £10**, is our pick and it comes in two options: matte or dewy finish. Simply hold your chosen one 30cm from your face and spray evenly all over.

10

BIN THE BROW PENCILS

Most brow pencils are wax-based to help them glide, so don't have a lot of longevity – especially in hotter weather. Get round the problem by using **Stila Waterproof Brow Colour, £16**. Like a liquid liner for your brows, it's easy to use as each gentle line you draw on looks like a natural brow hair.



SHINY STRANDS
Color Wow Pop & Lock
Crystallite Shellac, £14



LIP TRANSFORMER
OCC Tared &
Feathered Lip Balm
Duo, £12, love-
makeup.co.uk



WALK THE LINE
Rimmel London
Scandaleyes Jumbo
Eyeliner, £5.49



SUMMER SHADOW
Elizabeth Arden Beautiful
Color Eye Shadow Duo in
Black Tie, £23



LIGHT THE WAY
Kate Spade New York
White Willow Scented
Candle, £42



MANI MUST-HAVE
Ciaté Limited Edition
Monochrome
Manicure, £25



THAKOON

Back in BLACK

Forget colour, tune into monochrome trends for next season

ALTUZARRA

FULLER FLUTTER
L'Oréal
Paris
False Lash
Superstar
Mascara,
£10.99



SCENTED SKIN
B. Balenciaga
Perfumed
Body Lotion,
£35



HAIR HEAVEN
Balmain Paris Hair
Couture Limited Edition
Set, £23.50



CULT CREAM
Philosophy Hope in
a Jar Night, £37



LOOK AT YOU
Lottie London Me Me
Me Mirror, £5.99



OSCARDE LA RENTA



Feature Sarah Macrae Photography
Splash: Rex, Getty Images

Overdone it
this summer?
Turn up the
hair
conditioning

Lazy summer days? Err, no.
Crazy summer days? You betcha.
Give summer hair the kiss of life with
Aussie Beach Mate Collection.

It's beached-out hair's
lifeguard in a bottle
(minus the 6-pack).

DINKY
TRAVEL SIZE



"There's more to life than hair but it's a good place to start."



SHADY LADY

Blur fine lines and get flawless, sun-protected skin with Murad Invisiblur Perfecting Shield with SPF30, £55



SMOKY STARE

Bring on those sexy, smouldering eyes with Benefit They're Real! Push-Up Liner. Apply to upper and lower lids for maximum effect, £18.50

HOT RIGHT NOW

Our beauty team share their best summer buys

SUN SHIELD

Hair need some TLC? Try Bed Head for TIGI Totally Beach Bound Protection Spray for coloured hair, £14.95



LUSCIOUS LOCKS

Renew over-styled and over-coloured hair with Kérastase Masque Thérapiste, £28.50



PUCKER UP

For the perfect pout, layer your lips with Collection Lasting Colour Lipsticks, £2.99



FRESH FACED

You can rehydrate your skin in an instant with Hylamide Low-Molecular HA Booster, £18



BUFF BEAUTIFUL

Remove hard skin on your feet the easy way with the Micro Pedi Nano, £29.99



FLORAL FUN

Freshen up nails with the new 3D-effect L'Oréal Paris Color Riche Flower Power Top Coat in Boho Pink, £4.99



ZESTY RINSE

Enjoy a zingy shower with Marks & Spencer Apothecary Lemon & Fig Body Wash, £4



"There's more to Aussie than hair."



Aussie Body Wash.
Make yourself a smoothie.
(No blender required.)

Are you a
smoothie-in-the-morning
kind of girl?
Then hop (like a kangaroo)
into the shower with
Aussie Body Wash.
Exotic ingredients.
Fab fragrance.
And skin that feels as
smooth as a bundle
of baby koalas.





Ignoring blood
could lead
to tooth loss



If you spit blood when brushing your teeth it could be an early sign of gum disease, a leading cause of tooth loss. Both Corsodyl Mint Mouthwash and Corsodyl Toothpaste are clinically proven to help stop bleeding gums. Find out more at www.corsodyl.co.uk

CORSODYL®

FOR PEOPLE WHO SPIT
BLOOD WHEN THEY
BRUSH THEIR TEETH.

Corsodyl Mint Mouthwash is a medicine containing chlorhexidine digluconate for the treatment of gum disease. Always read the label.
If left untreated, gum disease is a major cause of tooth loss. CORSODYL is a registered trade mark of the GSK group of companies.

GOOD Health

 GoodtoKnow.co.uk



HI THERE!

HEALTH WRITER ANNA MATHESON BRINGS YOU THE LATEST FROM THE WORLD OF WELL-BEING

#TRENDING NOW...

Spare a thought (and some footsteps) for the 850,000 people across the UK who are currently living with Alzheimer's and sign up to one of the Memory Walks raising money to fund vital research into dementia. With events across England, Wales and Northern Ireland this September and walks starting at just 2km, there's no excuse for not taking part.



Visit memorywalk.org.uk for more information and tweet us your Memory Walk photos @essentials_mag

THIS MONTH...



Created to mark the 20th anniversary of botanical skincare brand Liz Earle, Dragonfly's new limited-edition Inner Calm tea (£6, dragonflytea.com) is a blend of camomile, fresh peppermint and rooibos. It's perfect to soothe away stress.

66%
OF US GAIN WEIGHT IN THE SUMMER AND MOST BLAME BBQ BLOWOUTS – STEP AWAY FROM THAT SECOND SAUSAGE!*

3 WAYS TO BEAT...

Period pain

HOT-WATER BOTTLE NOT CUTTING IT? TRY ONE OF THESE ALTERNATIVE SOLUTIONS...

HAVE A MASSAGE

An aromatherapy massage around your lower abdomen will help to minimise aches.



GO HERBAL

Flavoured teas, like green tea, raspberry leaf and peppermint, help to stop those tummy cramps and reduce bloating.



TAKE OMEGA-3

The fish oil helps to reduce pain. Try Lloyds Pharmacy High Strength Omega 3 Fish Oil (£5.49 for 30 capsules).



GET MOVING!

We're having a squat-off in the goodtoknow.co.uk office as we kick off our butt-busting 30-day challenge. Squats can help tone, burn fat and improve mobility, so by starting with 50 on day one and working your way up to 250 (there are rest days we promise!), you'll find yourself with a firmer derrière in just one month.



To get involved visit goodtoknow.co.uk/30-day-squat-challenge and let us know how you get on at facebook.com/essentialsmagazine



SLIMMING WORLD EXCLUSIVE!

The back to SCHOOL DIET

Over-indulged this summer?
Get back on the straight and
narrow with our easy eating plan

Lazy summer months and relaxed routines may have taken their toll on your waistline, but don't despair. Whether you want to lose a few extra pounds or simply turn over a healthy new leaf, this

tasty Slimming World menu is perfect for mums with no time for faffing. Based on Slimming World's Food Optimising plan, meals are quick to prepare and designed with the whole family in mind, so no need to make separate meals - brilliant!

Spread the word

Tell your friends and family that you're trying to lose weight and get them behind you. Having the support of loved ones can really make a big difference

HOW IT WORKS

1 Pick one breakfast, one lunch and one dinner every day. Feel free to repeat meals you like the best, or for more ideas, check out slimmingworld.com.

2 Foods printed in bold are 'Free Foods', so you can eat as much of these as you like to satisfy your appetite with no weighing, counting or measuring. Base meals around Free Foods, like veg, pasta, lean meat, fish, rice, potatoes, fat-free dairy, eggs and more, and if you feel hungry between meals, snack on fresh fruit and veg crudité's.

3 As well as Free Foods, stock your store cupboard with fat-free salad dressings, artificial sweeteners, stock, herbs, passata, oil-free tomato purée, soy sauce and spices, which can be used freely to flavour meals.

4 To make sure that you're enjoying a fully balanced diet, don't forget to eat foods that are high in calcium and full of fibre. These can be enjoyed as part of your meals or on their own, just remember to have only one portion of calcium and one portion of fibre each day, and stick to the recommended amounts below:

* **Choose 350ml skimmed or 250ml semi-skimmed milk, or 30g of full-fat hard cheese or 40g reduced-fat hard cheese.**

* **And boost your fibre intake by enjoying two slices of wholemeal bread (from a small 400g loaf), a 60g wholemeal roll or 35g high-fibre cereals.**

MAXIMISE YOUR SUCCESS

* **TRIM ALL VISIBLE FAT** off any meat and remove the skin from poultry before you cook it.

* **USE LOW-CALORIE COOKING SPRAY** (1 calorie per spray or less) instead of your usual oil and fats.

* **STAY HYDRATED** Aim to drink between 6-8 glasses of fluid a day. Choose water, sugar-free drinks, tea and coffee.

* **TREAT YOURSELF** Choose two treats to enjoy from the list on page 65 every day to help stay motivated.



Big breakfast
- it'll set you up
'til lunchtime

Buddy up

Evidence shows that you're three times more likely to succeed when you have the support of a group than if you try to lose weight alone. To find a local group, visit slimmingworld.com

Breakfasts

(CHOOSE 1, ALL SERVE 1)

* **BOILED EGGS** enjoy two boiled **eggs** with 'soldiers' made with two slices of wholemeal toast (from a small 400g loaf). Have some **melon**, too.

* **WEETABIX** Two Weetabix (or own-brand variety) topped with milk from your allowance and chopped **banana**.

* **BIG BREAKFAST** Grill **lean bacon**, one or two **large field mushrooms** and halved **tomatoes**. Fry some sliced **onions** in a pan sprayed with low-calorie cooking spray. Then spray

a separate pan with low-calorie cooking spray and fry one or two **eggs**. Enjoy them all with **baked beans**.

* **FRUIT AND YOGURT** Tuck into a big bowl of **fresh fruit salad** topped with **fat-free natural Greek yogurt**.

* **OVERNIGHT OATS** Layer 35g plain porridge oats, 200g **fat-free natural yogurt** and **mixed berries** (fresh or frozen) in a jar. Cover and put in the fridge overnight, so the porridge absorbs all the **yogurt**. In



Overnight
oats - a filling
start to the day

the morning, stir all the layers together and top with more **fresh fruit**.

* **SCRAMBLED EGG** **Egg**, **baked beans** and sliced **mushrooms**, fried in a pan sprayed with low-calorie cooking spray.

* **MUESLI** 35g Jordans No Added Sugar Muesli with milk from your allowance, topped with **fresh fruit** of your choice.



Scrambled egg,
mushrooms and beans
for a veggie feast



Boiled eggs
with soldiers
- lovely!

Lunches

(CHOOSE 1, ALL SERVE 1 UNLESS OTHERWISE SPECIFIED)

* **TUNA SANDWICH** Mix together 3tbsp **fat-free natural fromage frais**, 1tbsp finely chopped fresh dill, 1tbsp tomato purée and 1tsp lemon juice. Season, stir in 50g canned, drained **tuna in spring water** and stir. Split a 60g wholemeal roll in half and layer with sliced **cucumber**, then top with the tuna mix. Follow with a couple of **satsumas**.

* **CHICKEN CAESAR SALAD** Grill a skinless **chicken** breast, then slice thickly. Cut two **lean bacon** rashers into strips and fry in a pan sprayed with low-calorie cooking spray. Meanwhile, whisk together 100g **fat-free natural fromage frais**, ½ garlic clove, ½tsp mustard (made using mustard powder) and the juice of ½ a lemon. Stir in 15g grated Parmesan cheese and season. Mix together **lettuce leaves**, halved **cherry tomatoes**, the **chicken** and the **bacon**, and toss with the dressing.

Tuna sandwich makes a great packed lunch



Double up

If you and your family enjoy a particular meal, why not make double the amount and freeze half of it, so that you can defrost and reheat on a night when you have less time to cook?

Go for the fro

Frozen and canned veg are just as good for you and your family as fresh - and they last longer and cost less! Plus, you can stock up as you don't have to worry they'll go off

* **JACKET AND BEANS** Top a large **baked potato** with **baked beans** and 30g grated Cheddar cheese (from your allowance). Enjoy with a **mixed salad** on the side.

* **BEAN PASTA SALAD** Mix together cooked **dried pasta**, drained canned **red kidney beans**, **sweetcorn**, sliced **spring onion**,



Chicken Caesar salad to go – fresh and tasty!



Be shopping savvy

Have a list when you shop – and stick to it! You're much less likely to be swayed by offers, which are often on the less healthy items

chopped **red pepper** and halved **cherry tomatoes**. Stir through fat-free vinaigrette. Follow with some fresh **pineapple** sticks.

* MINTED COURGETTE

TORTILLA Peel and dice 1 large **potato** and boil for 5 mins, then drain well. Spray a large ovenproof pan with low-calorie cooking spray and stir-fry 2 sliced **courgettes** for 5 mins. Add the **potatoes** and 1 finely chopped garlic clove and fry for 8-10 mins, turning occasionally. Mix together 4 beaten **eggs**, a small handful of chopped mint, salt and pepper and 2tbsp water. Add to the pan and cook for 7-8 mins until the **eggs** are almost set. Put the pan under the grill and cook for 5 mins. Leave to stand and cut into slices. Enjoy hot or cold with **salad leaves**. (It will keep in the fridge up to three days). Have some **grapes** afterwards.

* BEEF AND COLESLAW

SANDWICH Cook, peel and grate ½ a small **beetroot** and mix with 4tbsp **fat-free natural Greek yogurt**, 1tbsp very finely chopped **red onion** and ½ a grated small **apple**. Season and mix well. Enjoy between 2 slices of wholemeal

TREATS

- * 16g bag Walkers Quavers
- * 19g bag Walkers French Fries, any variety
- * Cadbury's Freddo
- * Two-finger KitKat
- * 125ml glass red, white or rosé wine
- * 35ml gin or vodka with low-calorie mixer
- * Jammie Dodger biscuit
- * Chocolate mini roll

bread (from a small 400g loaf) with **rocket leaves** and slices of **lean roast beef**. Have some **carrot** and **celery sticks** to snack on.

* **TOMATO SOUP** Chop 1 **red onion**, 1 **carrot** and 1 **celery stick**. Spray a saucepan with low-calorie cooking spray and sweat the **veg** for 5 mins. Add 3x400g **cans tomatoes**, 2tbsp tomato purée, 1tbsp sweetener and 600ml veg stock and bring to the boil. Simmer for 15 mins. Remove from the heat, blitz using a stick blender and season. This serves four, so you can save any leftovers for another day. For dessert, dip slices of **apple** in a **Müller Light Toffee Yogurt**.



Minted courgette tortilla – that'll satisfy any hunger pangs



Tomato soup – it's healthy and so comforting

Dinners

(CHOOSE 1, ALL SERVE 4)

*** THREE BEAN CHILLI** Heat a frying pan sprayed with low-calorie cooking spray and fry 1 chopped **onion** and 4 crushed garlic cloves for 6-8 mins. Add 2tsp ground cumin, 280ml **passata** and 400g canned **cherry tomatoes** and bring to the boil. Reduce the heat and simmer for 15-20 mins. Stir in 340g can **sweetcorn**, 2 chopped **peppers** (1 red, 1 green), ½tsp ground cinnamon and 400g cans of **pinto beans**, **black beans** and **kidney beans** in **chilli sauce**. Cook for 15 more mins, season with salt, pepper and ½tsp cayenne pepper. Serve with boiled **rice**.

*** SPAGHETTI BOLOGNESE** Chop 2 rashers of **lean bacon** (visible fat removed), 2 **onions**, 2 **carrots** and 2 **celery sticks**. Spray a pan with low-calorie cooking spray and stir-fry the **veg** with 2 crushed garlic cloves for 7 mins. Add 500g **lean mince beef** (5% fat or less) or **Quorn mince** and cook for 3 mins until browned. Drain off any excess fat, then add 2x400g cans of **chopped tomatoes** and 2tsp dried oregano. Crumble in 1 beef stock cube and simmer for 30 mins. Serve with cooked **dried spaghetti** and a **crisp salad**.

*** BURGER AND CHIPS** Peel and cut 4 **baking potatoes** into chips. Boil in lightly salted water for 3-4 mins, then drain, shaking them slightly to roughen the edges. Transfer to a baking tray, spray with low-calorie cooking spray and bake for 15-20 mins until golden. Meanwhile, grill 4 **Slimming World Beef Quarter Pounders** (available in Iceland stores). Serve the **burgers** in a 60g wholemeal roll with **red onion**, **tomato** and **cucumber**, and the **chips** on the side.

*** EASY CHICKEN CURRY** Spray a saucepan with low-calorie cooking spray and stir-fry 1 chopped **onion** and 2 chopped garlic cloves for 5 mins. Add 4 **chicken breasts**, cut into bite-sized pieces, and stir-fry for another 5 mins. Add 1tbsp tikka curry powder, 6tbsp tomato purée, 200g **passata with onions and garlic**, 400ml boiling chicken stock, season and stir. Simmer for 15-20 mins until the **chicken** is cooked through. Serve with **green veg**, such as **broccoli** and **green beans**, or boiled **rice**.

Three bean chilli for a nice bit of spice



Bring on the veggies

At every meal, aim to fill at least a third of your plate with vegetables. You'll feel full, increase your nutrient intake and super-speed your weight loss



Spaghetti Bolognese has to be a family fave

*** STIR-FRY** Cut 500g **lean pork** into strips, sprinkle with Chinese five-spice seasoning and fry for 5 mins in a wok sprayed with low-calorie cooking spray. Add matchsticks of **carrot**, shredded **cabbage**, sliced **peppers**, sliced **mushrooms** and **bean sprouts**. Cook for 3-4 mins, add dried **noodles** (cook according to packet instructions). Season with soy sauce and serve.

*** ROAST DINNER** Spray your favourite **lean meat** with low-calorie cooking spray and roast to your liking. Meanwhile, parboil peeled **potatoes**, drain and arrange in a single layer on a baking tray, spray with low-calorie cooking spray and roast until golden. Serve with **vegetables** and 100ml gravy (made with granules) per person.

*** SPICY FISH NUGGETS** In a food processor, blitz a small handful fresh parsley, ½ bunch **spring onions**, 300g **cod fillet**, 400g raw peeled **tiger prawns**, with 2 garlic cloves, 1tsp dried chilli flakes and 1tsp ground ginger, and season. Shape the mixture into 20 nuggets. Spray with low-calorie cooking spray and grill for 12-15 mins, turning halfway, until cooked through and golden brown. Meanwhile, mix together grated **courgette** and **carrot**, finely chopped **tomato**, zest and juice 1 lemon, 1tsp Worcestershire sauce and 1tsp Tabasco. Serve the nuggets and veg with a big bowl of plain dried **couscous**, made according to packet instructions.

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* **THE TIME SAVERS** We know that you're a busy bunch, so anything that can shave minutes off your morning routine deserves an award!

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* **THE PROBLEM SOLVERS** From frizz fighting to shiny-face fixing, you take your pick and vote for one of these worthy, super-hero buys.

* **CULT CLASSICS** These are the go-to products for generations of women – vote now and make your favourite a winner!

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I had no symptoms, but I had cancer

Louise Brown was a healthy 33-year-old when a routine smear test showed she had cervical cancer



Having a regular smear test was a priority for me – I've never missed one. If I had, I might not be here today. But in February 2011, when my reminder letter came through, I was just too busy to book it straight away.

My flat in Lanarkshire was being renovated, work was busy and I was balancing a social life on top of it all. If I hadn't got round to booking an appointment that July, who knows what would have happened?

I've never had health problems before; I was just a normal 33-year-old. It wasn't

until a few weeks later, when I received a letter to say my smear was abnormal, that I began to worry. A month later, I had a colposcopy, a procedure where a camera is used to survey your cervix. The consultant told me I had an abnormality and would need a LLETZ procedure straight away. This is where a wire loop with an electric current is used to remove abnormal cells. The tissue is sent off for analysis afterwards, and while no one had mentioned cancer, I had my suspicions, so the wait for results was tense.

Three weeks later, I received the awful news. Sat in the consultant's office with

my friend Lucy I was told that the tissues were cancerous. I was stunned. I couldn't believe that they'd come straight out and said the word 'cancer'. My friend grabbed my hand as I tried not to fall apart, but inside I was panicking. We had to deal with the practicalities of what treatment I would need, and I was booked into a hospital in Glasgow to have further surgery a fortnight later, but the rest of that appointment was a blur.

Waiting and hoping

Those two weeks of waiting were pure hell, I couldn't focus on anything properly and that word, *cancer*, just went round and round my head. I didn't tell anyone at work, other than my boss, and I booked annual leave until my operation. I ended up having keyhole surgery to remove lymph nodes in my groin and a further LLETZ procedure.

After the surgery I was given the all clear. I felt like it was finally done and dusted, I'd had cancer for a few weeks, but I was lucky and had a narrow escape. I could get back to work, back to being active and just back to normal life.

But it wasn't that easy. Three months later, another smear test showed there were more abnormal cells. I was distraught. It's not just the physical implications; it's the mental energy it all takes. I hated the thought of worrying about my family and them worrying about me; this awful cycle once again.

To top it off, the consultants told me a hysterectomy was the best course of action. I didn't know what to do. I didn't have a partner and I didn't want to rule out having kids; I still don't now. I was too young to give over all my reproductive organs. Plus, the thought of going through menopause and being put on HRT – it's a lot for a 33-year-old to contemplate. It's hard to not just go along

'My friend grabbed my hand as I tried not to fall apart, but inside I was panicking'

with whatever you're told when you're scared about your health, but I put my foot down and luckily the hospital agreed to refer me to another hospital to discuss other options. I decided to have another LLETZ,

and in total, I ended up having five. I don't actually have any cervix left now, just a bit of scar tissue.

The day after my last op in July 2012, I suffered a major haemorrhage in the shower. I had to call an ambulance and struggle downstairs to unlock the door, it was terrifying.

Looking back, that was probably more scary than the surgery for cancer itself as I lost a lot of blood and had to have a transfusion. I took another four weeks off

work to recover. I was anaemic and exhausted, but my family were amazing at looking after me and I knew it was finally time to get back to normal life.

Such welcome news

Three months later, in October 2012, I had another smear test. And it was finally clear! The cancer was completely gone. I can't express how relieved I was – and still am.

Three years on, it's not quite over as I still have to have smear tests every three months. But so far they have all been negative and I'm happy and healthy. I don't have a partner at the moment, but I still want kids – they'll always be on my list, so I'm happy I chose not to go ahead with the hysterectomy.

The scariest thing is that I had absolutely no symptoms – If I'd left it any longer to go for that smear test in July 2011, or hadn't gone at all, I don't know how long it would have been before the cancer was picked up. I can't stress enough that women like me should make sure they go for smear tests. We're all busy; but we need to find time to look after ourselves. After all, if I hadn't got round to it, I might not be here to tell my story.

*** Cervical screening is available on the NHS, plus a new at-home test can check for the virus associated with most cervical cancer from gynahealthuk.com**

WHAT IS CERVICAL CANCER?

*** Cervical cancer is a type of cancer that develops in a women's cervix – the entrance to the womb from the vagina.**
*** It often has no symptoms in its earliest stages, but the most**

common symptoms include unusual vaginal bleeding (after sex, in between periods or after the menopause).
*** More than half of cervical cancer deaths occur in women aged between 25 and 64.**

*** Cervical screening can prevent around 45% of cervical cancer cases in women in their thirties.**
*** If you have any of the symptoms, you should speak to your GP as soon as possible.**



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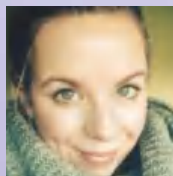
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WHAT IT'S REALLY LIKE TO HAVE... Laser eye surgery



Sick of your glasses? It may be time to set the laser to stun, says reformed spectacle-wearer Stephanie Lowe

Holding three fingers in front of me, my friend asked: 'Can you see now?' It was two days after my laser eye surgery, there was no redness and, for the record, yes I could see. I could see as soon as the off-switch was flicked.

A clear view

I've had glasses for 30 years and had always flirted with the idea of laser eye surgery. But I constantly made excuses. I mean, we're talking about a laser here. An actual laser, on your actual eyeball. 'When it's been around long enough', I'd think to myself. Well, that time was now, Lasik has just celebrated its 20th anniversary – that's a pretty long time, right?

If you decide to do it, make sure you book two whole days off work. One for when the professionals at the London Vision Clinic put your eyes through their paces – they check everything, twice – and the second day for the surgery. And a word to the wise: only tell a select few people you're doing it as most seem to have a James Bond-style laser eye horror story.

About the pain

In reality, it really doesn't hurt – but it is toe-curlingly uncomfortable. Also, the scary burning scent that most people associate with laser eye surgery – which, by the way, is the pure carbon atoms generated by the laser and not your eyeball – doesn't happen with the new improved keyhole method as the laser only cuts two small incisions

In reality,
it really doesn't
hurt... a Brazilian
is much
more painful

either side of the cornea. I won't go into too much detail because it still makes me a little queasy thinking about it. In fact, if you're having it done, try not to think about it all too much. The more you do, the more you can talk yourself out of it.

The actual procedure is not that bad. You'll be asked to lie down on a reasonably comfortable bed (heck, they even tuck you in!) and you're given some free gifts: namely a hair net, some little paper booties and (bizarrely) a stuffed toy. When they gave me a pink giraffe I have to admit, I scoffed, but clung on to it for dear life throughout the surgery – in fact, they had to pry my fingers from around its neck afterwards.

Not that the whole thing took very long. It was over in minutes – six to be precise. You simply stare at a green dot as a machine moves towards you, and you feel nothing. The only drawback is that it's done one at a time. Remember that time you were sat in Claire's Accessories, and you considered not letting them pierce the second ear? That's the feeling.

The verdict

My eyesight was as good as my contact lenses straight after the surgery, if a little blurry, and it's getting sharper every day. The not so great news: afterwards you can't wear make-up for the first week and you have to wear night goggles – a new bedtime accessory that really challenged my first year of marriage! And ladies, if you're still nervous about it, heed the words of my new husband, 'You regularly have a bikini wax, this can't possibly be worse!' Annoyingly, he was right, a Brazilian is much more painful.

GET THE LASER LOW-DOWN

★ **How much?** From £4,900 to £6,500 depending on procedure/prescription.

★ **Who can have it?** There is no age limit, it all depends on the health of the eye, including prescription. It's a misconception that

people with astigmatism can't get the treatment. The London Vision Clinic (londonvisionclinic.com) has treated numerous patients for many years that have astigmatism.

★ **Where can you have**

it done? Patients from across the UK, and even abroad, go to the London Vision Clinic in London's Harley Street.

▶ See the laser in action with our video at goodto.know.co.uk/lasereyesurgery

SLEEP TRICKS

you haven't tried yet!

Kiss goodbye to restless nights with these surprising ways to get some shut-eye

We know the drill – no caffeine, baths at bedtime, and a spritz of lavender on our pillows – but if you've tried it all and still can't sleep, it's time for action. With this month being renamed 'Sleeptember' by the UK's Sleep Council, we've discovered some brand-new ways to catch those elusive zzzzzs.

MOVE TO SCOTLAND

OK, it sounds drastic, but over the border, they're enjoying the most peaceful and longest nights' sleep in the country. Nearly half of Scots manage to clock up the recommended 7 to 8 hours a night, and more people claim nothing wakes them in the night than in any other region. Given that 89% of women rank sleep above food and holidays on their 'happiness' list, this may not be as daft as it sounds.

47%

OF MEN ARE SATISFIED WITH THE AMOUNT OF SLEEP THEY GET, COMPARED TO JUST 37% OF WOMEN

RESURRECT YOUR TEENAGE JOURNAL

'Dear diary, today Kevin **FINALLY** looked at me!' Oh, come on, we all did it as kids, but writing down your thoughts can help adults, too. You don't have to write pages every night, just scribble down five of your concerns before bed and it will help to alleviate tension and stop the issues from stealing your sleep... and sanity.

PUT YOUR SHEETS ON ICE

Yes, really! 37% of women are woken at night due to an uncomfortable body temperature, but cool bedlinen will prevent overheating, stopping you from waking up in a hot sweat tangled in sticky sheets. Just fold your quilt cover and pillowcases, place them in a bag and pop them in the fridge for an hour before bedtime. They may feel a bit chilly when you first crawl into bed, but they'll keep you cool for long enough to help you slip into a sound sleep. It's also better to buy pure cotton sheets than polyester or nylon blends, and swap your duvet for a lower tog in the summer.

STAY UP LATER

An early night might seem the best solution if you're struggling to get enough sleep, but in fact, if you go to bed before you're tired, you're more likely to get stressed and make the chances of it happening even less likely. Instead, wait until you're sleepy before you hit the sack and if you still can't sleep, get up and read, listen to music or even watch a movie (might as well do something enjoyable if you're not out for the count). Just make sure that when your eyes start closing, you go back to bed. Dozing on the couch doesn't equate to a good night's rest.

SLEEP NAKED

With one in four people now stripping off in the sack, we may be casting off our reputation as buttoned up Brits – but while sleeping in the buff may sound more likely to heat things up between the sheets, it actually cools us down. According to author and medical blogger Dr Sarah Brewer, a lower core temperature is associated with shorter sleep latency and better sleep quality, so sleeping naked can regulate your temperature helping you get the best night's sleep. Plus, women who sleep naked are less likely to suffer from yeast infections and problems with iron levels, glucose tolerance, stress and general immunity.

50%
OF WOMEN SLEEP
SOUNDLY – MOST ARE
WOKEN BY THE NEED
TO PEE, BEING TOO
HOT OR BY THEIR
PARTNER



GIVE UP YOUR BEDTIME CUPPA

If you're regularly woken by the urge to pee, the best approach to all beverages (be it caffeine or alcohol) after 8pm is NIL BY MOUTH. With a whopping 59% of women getting up to use the loo at night, it is one of the biggest interruptions to a sound night's sleep – yet it's one of the easiest to solve. Don't deprive yourself of fluids, just make sure you've glugged down enough water in the daylight hours to keep yourself hydrated.



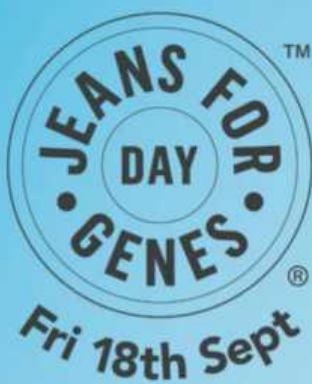
STICK PINS IN YOURSELF

As Radio 2 DJ Chris Evans recently discovered, acupuncture is beneficial for helping correct sleep problems. With *The Breakfast Show*, *Top Gear* and *TFI Friday*, he has more on his plate than ever, but after a session of acupuncture, he tweeted, 'Now that's what I call a sleep. Seven hours is like hibernation for me' later adding 'Very peaceful at the moment. Ironically, never been busier'. If you want to give it a try, visit acupuncture.org.uk to find a registered practitioner.

PUT RICE IN YOUR SOCKS

No, not while you're wearing them! Just pour some raw rice into an old sock, tie it with an elastic band, then pop it in the freezer for a few hours... et *voilà*, a cold compress that stays cool. Take it to bed with you and use it on your face and neck to provide relief on hot nights. Alternatively, keep a water spray by your bed ready to spritz if you wake with a hot flush – it doesn't have to be a fancy Evian spray, the bottle you'd usually use to spray your ironing or your houseplants will do the job just fine.





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YOU DO ON
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The *bottom* line

Irregular bowel habits affect us all, but instead of popping pills, try our natural remedies to keep things moving

When you're bunged up...

If you often suffer from constipation, there's a chance your magnesium levels may be low. 'Magnesium is a mineral that helps to regulate muscle movements in the bowel, and is found in nuts, seeds, fish and green leafy vegetables,' says Charlotte Watts, nutritional therapist, yoga teacher and author of *The De-Stress Effect*. Try adding Epsom salts (£1.49, Boots) to your bath. They work as a laxative by drawing water into the bowel to soften stools.

GET OFF YOUR BACKSIDE 'Sitting too long creates stagnation,' says Charlotte. 'Yoga poses like the Down Dog encourage movement in the lower abdomen.'



When you're so irritable...

If you've just been diagnosed with Irritable Bowel Syndrome (IBS), keeping a food diary is key. 'What triggers a bout in one person may not for another, so you need to identify your personal triggers,' says registered nutritionist, Dr Carina Norris.

'Symptoms can take a day or two to appear, so keep a note of your mood, too: you might be worse when you're run down. A special diet called "low-FODMAPS" has also shown success in IBS sufferers, but you'll need professional advice with this.'

GET OUT THERE 'Routine moderate exercise is a form of practical mindfulness and helps rectify both mind and gut,' says Professor Nick Read, chair of The IBS Network. 'A gentle half-hour jog every day will make a big difference.'

'Routine moderate exercise can help rectify both mind and gut'

When you're going with the flow...

'If diarrhoea strikes, drink clear liquids for 24 hours, then reintroduce plain foods. Toast, oatmeal, bananas, rice and apple sauce are good,' says nutritional therapist Shani Shaker. 'Foods with probiotics, like natural yogurt may help, too.'

USE YOUR IMAGINATION When we're stressed it often affects our stomachs, so try a 10-minute visualisation. 'Imagine you're in a place that feels completely calm,' says Shani, 'close your eyes and focus on the smells and sounds. With a bit of practice it can really help.'

When you're blown up like a balloon...

Get rid of flatulence and bloating by eating slowly, so you don't swallow air. Avoid fizzy drinks and 'windy' foods like beans, onions or cabbage, and try fennel, peppermint, ginger or marshmallow tea.

GET A MOVE ON 'When you're stressed, your body prioritises its vital organs, so your digestive tract can often suffer,' says Christianne Wolff, celebrity trainer and author of *The Body Rescue Plan*. 'Yoga postures are good for opening up the intestines, but any exercise to calm you through deep breathing works wonders.'

PAIN EVERY MONTH?

Wondering why your symptoms worsen around your period? It's thought PMS can aggravate constipation and bloating. 'Your gut can "act up" around your period and affect the time it takes for food to pass through - and the Pill has also been shown to have an effect,' says Dr Carina Norris. 'It illustrates how interconnected our various body systems are, so take a multi-pronged approach by watching your diet, using relaxation techniques and possibly medication.'

PAIN EVERY DAY?

Worried? Here's what to look out for...

1 PEBBLES Can be due to low fibre/fluids. **When to worry** If it happens a lot it could indicate a hernia.

2 WATERY Could be food intolerance or infection.

When to worry If it lasts over three weeks, contains blood or you have a fever or weight loss.

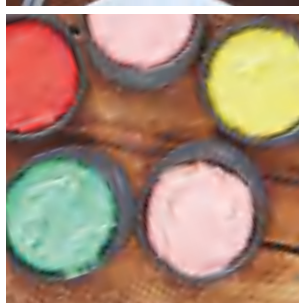
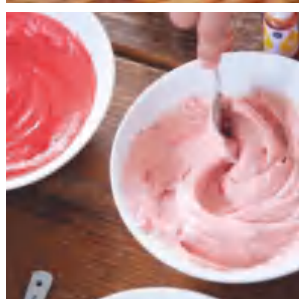
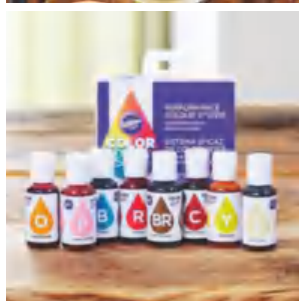
3 BLOODY OR BLACK Might be food colour, reaction to medicines or anal fissures.

When to worry Dark blood and/or a foul smell could indicate piles or cancer.

4 MUCOUS It's a natural, bodily excretion to lubricate your intestines.

When to worry If it seems to increase it could be IBS, colitis or Crohn's.

Daisy wanted her birthday
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EXACTLY like her favourite dress.



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HI THERE!

FOOD EDITOR JENNIFER BEDLOE SHARES HER BEST BUYS, CLEVER CHEATS AND EASY RECIPES

WE LOVE... *PESTO*

Drizzle over chicken, stir through pasta or spread on salmon fillets – it goes with anything! And what's more, kids love it.

MAKE IT! In a food processor, blitz together 100g basil leaves or rocket, 2 garlic cloves, 50g toasted pine nuts, 50g freshly grated Pecorino or Parmesan, 8tbsp extra virgin olive oil, a squeeze of fresh lemon and season with salt and pepper, to taste. So easy!



BUY IT! These handy Sacla Pesto Shots are perfect for a quick tea for the little ones. **£2.79**, Waitrose.

 Watch how to make classic pesto at goodtoknow.co.uk/pesto

#TRENDING NOW...

The long-awaited return of *The Great British Bake Off*. It's the best thing about the end of the summers hols, well, that and the kids are back at school!

 Stay ahead of the Mary Berry gossip and all her recipes at goodtoknow.co.uk/GBBO

FREEZE IT! PESTO CAN BE FROZEN IN ICE-CUBE TRAYS, THEN USED STRAIGHT FROM THE FREEZER

Essentials **KIDS** Kitchen



Mummy blogger Sarah Barnes has the best bakes for a family picnic... *tasty cornflake chicken dippers* – little ones will love their moreish crunch. Follow her easy-to-do video and whip up a batch today, they're super-speedy, even when your mini-me gets involved!

 Make your own at goodtoknow.co.uk/cornflakechickendippers

3 OF THE BEST...

supermarket buys this month

CELEBRATE!

This fancy bottle of Cordonú Cuvée Barcelona 1872, makes a fab pressie. **£12.99**, Waitrose and Sainsbury's



SLIMMER DINNERS

New to Slimming World's Syn-free range are these Beef or Thai-style Chicken Quarter Pounders, **£3** for four, Iceland



CAN'T BAKE, DON'T BOTHER!

Pick up an afternoon treat from Aunt Bessie's new range of cakes. I love these Almond Bakewell Tarts, **£1.25** for four, Tesco



THIS MONTH...

Go retro and make a Coke float. Pour cola into a glass about $\frac{1}{4}$ way up, let the fizz settle, then add a scoop of ice cream. Pour more cola in to fill, then gently stir. Add a straw and slurp away!



Your 5-a-day FAMILY FEAST

These delicious dishes are packed with healthy veg
- but the kids won't care because they're so tasty!

Meals
in
minutes

Easy
one-pot
dish

AUBERGINE PARMIGIANA

SERVES 4 READY IN 30 MINS

3 aubergines, sliced
4tbsp olive oil
2 garlic cloves
2x400g cans chopped tomatoes
Handful fresh basil, torn, plus extra to garnish
Pinch of caster sugar
400g can lentils, rinsed

and drained
100g grated Parmesan
1 ball mozzarella, torn

1 Lay the aubergine on baking trays and brush with half the oil. Grill until golden brown, then turn and cook on the other side.

2 Meanwhile, heat the remaining oil in a pan, add the garlic and allow to infuse for 1 min. Pour in the tomatoes, basil and sugar, and simmer for 10 mins. Add the lentils and cook for 5-10 mins to warm through and reduce.

3 Layer the aubergine with the tomato sauce and a generous sprinkling of Parmesan. Dot the mozzarella over the top and grill. If you want to make ahead, leave to cool completely, then chill. Reheat in the

oven at 200C, gas 6 for 25-30 mins. Scatter a few basil leaves over the top of the dish just before serving.

332 CALS PER SERVING
21g FAT 7g SAT FAT
16g CARBS
5 OF YOUR 5-A-DAY



Ready
in 25
mins

Don't fancy lamb? Swap it for Quorn mince and add 200g chopped tomatoes

MEATY STUFFED PEPPERS

SERVES 4 READY IN 25 MINS

4 large red peppers
1½tbsp olive oil
350g frozen lamb mince
1 onion, chopped
1tsp each dried mint and ground cumin
½tsp each cinnamon and ground coriander
2tbsp tomato purée

250ml hot lamb stock
250g pack mixed grains
250g halloumi, sliced

1 Heat the oven to 200C, gas 6. Put the peppers, cut-side down, on a large baking tray lined with baking paper. Drizzle the

peppers with a little olive oil and roast for 5 mins, then turn and cook for a further 5 mins.

2 Dry-fry the mince (from frozen) in a non-stick sauté pan. Remove to a plate, then add the remaining olive

oil to the pan and cook the onion with the herbs and spices for 5 mins.

3 Add back the lamb, tomato purée and stock, and simmer for 10 mins. Stir in the grains to coat in the meat sauce. Season to taste.

4 Spoon lamb mix into the peppers and top with halloumi. Pop in the oven to melt the cheese. Serve with salad.

642 CALS PER SERVING
38g FAT 17g SAT FAT
35g CARBS
2 OF YOUR 5-A-DAY

BEEFY FAJITA BAKE

SERVES 6 READY IN 30 MINS

400g lean beef steak,
cut into strips
1 pack fajita seasoning
1tbsp olive oil
3 peppers, sliced
2 red onions, sliced
1 fat garlic clove, crushed
2x200g tubs fresh salsa
2tbsp freshly chopped
coriander
4 flour tortillas, toasted

2x300g tubs ready-made
cheese sauce, heated
through
30g bag tortilla chips,
broken
Handful grated Cheddar
1 large or 2 small very ripe
avocados
½ lime
4 spring onions, sliced, and
soured cream, to serve

1 Toss the strips of steak in batches with the fajita seasoning, olive oil, peppers, onions and garlic. Set aside to marinate, if you like.

2 Stir-fry the steak in a large, hot frying pan or wok in 2 batches. Cook for around 5 mins, tossing well. (Add a

splash of water if the meat sticks to the pan.) Stir through the salsa and coriander.

3 Layer the steak, tortillas and cheese sauce, finishing with cheese sauce. Sprinkle over the tortilla chips and cheese. Grill for 10 mins to brown, or make

ahead and cook at 200C, gas 6 for 20-25 mins.

4 Mash the avocado with a squeeze of lime. Top the bake with the avocado, spring onion and soured cream.

615 CALS PER SERVING

31g FAT 14g SAT FAT

53g CARBS

5 OF YOUR 5-A-DAY

New
family
fave



SAGE-Y PORK CHOPS WITH VEGGIE PASTA

SERVES 4 READY IN 25 MINS

4 outdoor-reared pork chops
6 large sage leaves
2tbsp olive oil
1 red onion, finely chopped
1 carrot, finely chopped
1 stick celery, finely chopped
1 yellow pepper, finely chopped
3tbsp sundried tomato paste
4tbsp sliced black olives, chopped
200g small pasta shapes

1 Heat the oven to 200C, gas 6. Put the pork chops in a roasting tray. Scatter over the sage leaves and drizzle with half the oil. Season and roast

for 20 mins, or until cooked through; set aside to rest.

2 Meanwhile, heat the remaining oil in a non-stick sauté pan and gently cook the onion, carrot, celery and pepper for 10 mins. Add the tomato paste, olives and 150ml water; simmer for 5 mins.

3 Cook the pasta shapes according to the pack instructions. Drain, then toss through the vegetable sauce. Season with salt and freshly ground black pepper and serve with the chops.

487 CALS PER SERVING
15g FAT 3g SAT FAT
44g CARBS
1 OF YOUR 5-A-DAY

If you find sage and mint a bit strong, try basil instead



GREEK-STYLE STUFFED CHICKEN & SALAD

SERVES 4 READY IN 30 MINS

4 blocks frozen spinach
2tbsp frozen chopped shallot
2tsp olive oil
1tsp dried mint
100g feta cheese, crumbled
4 skinless chicken breasts
½ lemon
Splash white wine or sherry
½ cucumber, chopped
400g tomatoes, cut into chunks
1 large roasted red pepper, cut into strips
1tsp dried or fresh oregano
2tsp sherry vinegar
1tbsp extra virgin olive oil

1 Defrost the spinach. Cook the shallot in the olive oil with the mint. Stir in the spinach, season well, then add the feta.

2 Make a deep, horizontal incision in each chicken breast to make a pocket. Stuff the spinach mixture inside and seal with a couple of cocktail sticks.

3 Put the chicken into a roasting tin, brush with a little oil, squeeze over the lemon and add the wine and a splash of water. Cook for 25 mins.

4 Make the salad by mixing together the remaining ingredients, then drizzle with extra virgin olive oil. Serve the chicken with the salad and the pan juices drizzled over.

313 CALS PER SERVING
12g FAT 5g SAT FAT
7g CARBS
3 OF YOUR 5-A-DAY



SWEET POTATO & COURGETTE FISHCAKES

SERVES 4 READY IN 25 MINS

2 sweet potatoes and
2 baking potatoes, pricked
with a fork
2 small courgettes
200g cod, chopped
Zest and juice 1 lime
2tbsp fresh coriander,
chopped
½tsp smoked paprika
Plain flour, for dusting
2tbsp sunflower or light
olive oil

1 Cook the potatoes in the microwave, on high, for 8-10 mins – they need to be soft. Halve and scoop out the flesh into a bowl.

2 Grate the courgettes and add to the cod, lime zest and juice, coriander and

smoked paprika. Mix well.

3 Divide the mixture into 8 equal patties. Mix the flour with salt and freshly ground black pepper, then lightly dust the patties.

4 Heat the oil in a large frying pan and cook the fishcakes until golden brown on both sides and heated through. Serve with a green salad and a side of mayonnaise mixed with sweet chilli sauce.

321 CALS PER SERVING
7g FAT 1g SAT FAT
47g CARBS
2 OF YOUR 5-A-DAY

Blitz the tomato sauce if you prefer a smoother texture



MINI ROASTED CAULIS WITH TOMATO SAUCE

SERVES 4 READY IN 35 MINS

1tbsp olive oil
1 onion, chopped
2 carrots, chopped
250g mushrooms, chopped
400ml tomato passata
1tbsp Worcestershire sauce
4 small whole cauliflowers
8 slices pancetta
80g bag baby spinach
75g grated Gruyère or Parmesan

1 Heat the oven to 190C, gas 5. Heat the olive oil in a sauté pan and cook the onion, carrot and mushrooms for 10 mins. Add the passata and Worcestershire sauce, and simmer for 10 mins.

2 Pop the cauliflowers in the microwave and cook to soften – about 5 mins. Meanwhile, grill the

bacon until crispy, then drain on kitchen paper.

3 Arrange the spinach on the base of an ovenproof dish. Top with the cauliflowers and pour over the vegetable sauce. Cover with foil and bake for 10 mins. Top with the crumbled bacon and cheese, then pop back in the oven for 5 mins to melt the cheese.

407 CALS PER SERVING
22g FAT 9g SAT FAT
21g CARBS
5 OF YOUR 5-A-DAY

x Find MORE RECIPES



You can find lots of tasty ideas at goodtoknow.co.uk/lowcal



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SARNIE
WITH A LITTLE
Je ne sais quoi.



Introduce a bit of French flair to your snacks.
With its mild, creamy taste and oozing texture,
President Brie makes any sandwich superbe.



avec plaisir

SIMPLE

savoury snacks

Add a twist to your lunch and swap the same old sarnies for one of these tasty bakes...

Veggie
&
delish

PIZZA ROMANA

MAKES 4 READY IN 40 MINS + PROVING

½x500g ciabatta bread mix
4tbsp tomato ketchup
2 red onions, peeled and thinly sliced
2-3 flame-roasted peppers, sliced
390g can artichoke hearts in brine, drained
10 baby plum tomatoes, halved
12 black olives

200g ready-grated mozzarella
Freshly ground black pepper

1 Make the bread mix according to pack instructions, shape into 4 balls. Put on 2 baking trays, cover with oiled clingfilm, and leave in a warm place to double in size.

2 Heat the oven to 220C, gas 7. Roll out the dough until really thin and bake for 8 mins. Spread the bases with ketchup and top with the remaining ingredients. Bake for a further 10-12 mins, until golden. Serve with salad.

**441 CALS PER SERVING 14g FAT
7g SAT FAT 61g CARBS**

FETA & HERB LOAF

SERVES 12 READY IN 1 HR 15 MINS

180g plain flour
3tsp baking powder
3 eggs
100ml olive oil
1tbsp sunflower oil
100ml milk
Pinch of ground black pepper
200g feta cheese, crumbled
100g Gruyère cheese, grated
6 mint leaves, chopped
2 sprigs rosemary, chopped
3tbsp parsley, chopped

1 Heat the oven to 180C, gas 4. Put the flour and baking powder into a large bowl. Beat the eggs, oils and milk together in a jug.

2 Pour the milk mixture into the flour with pepper, cheeses and herbs, stir well until smooth. Spoon the mix into a lined 900g loaf tin and bake for 40-50 mins, until golden brown and a skewer comes out clean. Serve warm or cold.

219 CALS PER SERVING 15g FAT 6g SAT FAT 12g CARBS

Freeze
leftover
slices

Tasty
&
filling

HOMEMADE PRETZELS

MAKES 10 READY IN 1 HR + PROVING

650g strong white bread flour
1x7g sachet easy-bake yeast
1½tsp salt
1tbsp sugar
2tbsp bicarbonate of soda
Grated cheese and mixed dried herbs,
to decorate

1 Put the flour, yeast, salt and sugar in a large mixing bowl. Add 400ml lukewarm water and mix well to make a soft dough. Turn out onto a lightly floured surface and knead for 10 mins.

2 Divide the dough into 10 pieces and roll into long, thin sausages about 30cm long, make a loop and twist the ends into the round part of the dough. Put on 2 baking trays and cover with lightly oiled clingfilm, leave in a warm place to double in size.

3 Heat the oven to 220C, gas 7. Bring a large pan of water to the boil with the bicarbonate of soda. Add the pretzels one at a time and cook for 45 secs on each side, remove with a slotted spoon and repeat with all the dough.

4 Return the pretzels to the baking trays, decorate with cheese or herbs and bake for 12-15 mins until golden brown.

238 CALS PER SERVING 2g FAT 0.7g SAT FAT 48g CARBS

EAT CLEAN

get lean!

ALL
UNDER
250
CALs

Try these low-calorie recipes today. They're packed with taste and will slim your waist – oh yes, the diet just got easier!

TURKEY MEATBALLS

SERVES 4 READY IN 30 MINS

320g pack turkey breast pieces

1 shallot, roughly chopped

1tsp freshly chopped oregano

or handful basil

Zest 1 lemon

1 egg

Few squirts Frylight sunflower

or olive oil spray

Handful fresh basil or rocket leaves

Tomato sauce

400g can tomatoes

1tbsp tomato purée

2 garlic cloves, crushed

Pinch chilli flakes

Splash balsamic vinegar

1 Put the turkey in a food processor with the shallot, herbs, lemon zest and egg, and season. Whizz to a smooth paste-like mix. Using 2 teaspoons, roll the mixture into 18 equal-sized meatballs and set aside on a tray lined with non-stick baking paper.

2 To make the sauce, put the tomatoes into a pan with the tomato purée, garlic, chilli flakes and vinegar, and season with salt and black pepper (add a squeeze of lemon, if you like). Simmer for 10 mins.

3 Use a couple of squirts of Frylight to coat the base of a non-stick frying pan, then brown the meatballs all over. Pour over the sauce and simmer for a further 5-10 mins to make sure the meat is cooked through. Serve scattered with basil or rocket leaves. You could also serve this with spaghetti, courgette strips and Parmesan shavings.

140 CALS PER SERVING 3g FAT

0.8g SAT FAT 5g CARBS



CAULI MARGHERITA PIZZA

MAKES 1 SERVES 2 READY IN 30 MINS

250g cauliflower
1 large egg
½tsp freshly chopped oregano
1tsp Parmesan
Frylight cooking spray
1-2tbsp tomato purée
25g mozzarella
1tbsp sweetcorn
¼ red pepper, cut into thin strips
Handful rocket

1 Heat the oven to 200C, gas 6. Blitz the cauliflower in a food processor and tip into a microwave-safe bowl. Cook on high for 5-6 mins, until softened. Carefully squeeze out any excess water in a clean tea towel, then mix with the egg, oregano and Parmesan, and season.

2 Spread the cauliflower mix onto a baking tray lined with non-stick baking paper, to a circle about 23cm wide. Spray with the Frylight and cook for 10 mins.

3 Mix the tomato purée with a little hot water and spread onto the cauliflower base. Top with the mozzarella, sweetcorn and pepper, and cook for a further 10 mins. Top with rocket and serve.

213 CALS PER SERVING 11g FAT 5g SAT FAT 11.5g CARBS

CHICKEN TIKKA MASALA

SERVES 2 READY IN 25 MINS

300g chicken breast, cut into chunks
Juice ½ lemon
3tbsp Tikka curry powder
150g pot Total 0% yogurt
1 onion, chopped
2 garlic cloves, crushed
5cm piece root ginger, grated
1tsp ground cumin
200g canned tomatoes
1tbsp tomato purée
Handful coriander, chopped

1 Heat the grill to high. Put the chicken in a bowl with the lemon juice, half the curry powder and 2tbsp of the yogurt, and mix well to coat the chicken.

2 Cook the onion in Frylight. Add the garlic, ginger, remaining curry powder and cumin, and stir until it smells fragrant. Add the tomatoes, tomato purée and 250ml water. Simmer for 10 mins until thickened.

3 Put the chicken on a baking tray lined with foil. Grill for 5 mins each side. Add the chicken to the sauce with the remaining yogurt and scatter over the coriander. Serve with cauliflower or plain boiled rice.

241 CALS PER SERVING 2g FAT 0.5g SAT FAT 10.5g CARBS

x Watch ANDBAKEYOUROWN



See just how quick it is to whip this up at goodtoknow.co.uk/caulipizza

Essentials

**KIDS
Kitchen**

GoodtoKnow



Mini GRILLS

It's time to get your brood BBQ'ing with these super-easy and tasty recipes



**NO-MEAT
KEBABS**

VEGGIE BANGER SKEWERS

SERVES 4 READY IN 30 MINS

6 Cauldron Cumberland Vegetarian Sausages
or Quorn frozen sausages, defrosted
2 peppers, roughly cut into chunks
75g button mushrooms
2 small red onions, cut into wedges
4tbsp olive oil
2tbsp coriander paste

DIPPING SAUCE

1tsp sesame seeds

squeeze of lime
1tbsp honey
1 spring onion, snipped

1 Soak 8 wooden skewers in warm water for 30 mins. Cut the sausages into even-sized chunks. Help the kids thread 2-3 chunks of sausage onto each skewer, alternating with the vegetables.

2 Mix together the oil and coriander paste and brush over the veg. Cook on a BBQ (or a hot griddle pan) for 5-10 mins, turning the skewers until everything is slightly charred and tender.

3 Mix together the dipping sauce ingredients and serve with the skewers.

293 CALS PER SERVING 19g FAT

2.5g SAT FAT 16.5g CARBS

MED-STYLE BBQ CHICKEN

SERVES 8 READY IN 30 MINS

3tbsp sun-dried tomato paste
4 sprigs rosemary leaves, snipped with scissors
1tbsp balsamic vinegar
8 chicken drumsticks

1 In a large bowl, get the kids to mix the sun-dried tomato paste with the rosemary and balsamic vinegar.

2 Put the chicken drumsticks into the bowl and mix until well coated.

3 Pop them on the BBQ for 20-25 mins or until cooked through, turning to get evenly charred. Leave to cool slightly before serving.

140 CALS PER SERVING 5g FAT 1.5g SAT FAT 1g CARBS

STUFFED GARLIC BREADS

SERVES 6 READY IN 25 MINS

1 ciabatta
75g Lurpak garlic butter, softened
125g mozzarella, torn
290g jar chargrilled artichokes, drained and sliced (optional)
295g jar chargrilled peppers, drained and sliced
150g basil pesto
Handful basil leaves

1 Help little hands and halve the ciabatta before letting them spread with garlic butter. Top with mozzarella, artichokes, peppers, pesto and basil.

2 Sandwich together, wrap in foil and BBQ for 15-20 mins. Slice to serve.

460 CALS PER SERVING 34.5g FAT 10.5g SAT FAT 27g CARBS



**FRESH
&
TASTY**



**MAKE SURE YOUR KIDS
REMEMBER TO ALWAYS WASH
THEIR HANDS PROPERLY AFTER
HANDLING RAW MEAT**

MINTY LAMB BURGERS

SERVES 6 READY IN 20 MINS

500g lamb mince
3tsp mint sauce
4tbsp breadcrumbs
3tbsp frozen chopped shallots
1tsp dried oregano
6 rolls, toasted, grated carrot, pickled cabbage and shredded lettuce, to serve

1 In a bowl, get the kids to scrunch together the lamb mince, mint sauce, breadcrumbs, shallots and oregano with their hands.

2 Divide into 6 and, with lightly oiled hands, shape into burgers. Chill until ready to cook.

3 Get an adult to cook on the BBQ for 4-5 mins each side or until cooked all the way through. Serve the burgers in bread rolls with the carrot, cabbage and lettuce.

374 CALS PER SERVING 12.5g FAT 5.5g SAT FAT 42g CARBS

x More GREAT BBQ IDEAS



Click your way to more delicious family friendly recipes for alfresco dining at goodtoknow.co.uk/bbq

Old school pudd rule!

Treat your kids to a taste of yesteryear
with delicious schooltime favourites
- they don't make 'em like they used to



CAFETERIA JAMMY RICE PUDDING

SERVES 6
READY IN 30 MINS

1.2 litres full-fat milk
1 vanilla pod, split lengthways and the seeds scraped out
120g short-grain pudding rice
4tbsp caster sugar
For the jammy sauce
300g blackberries
4tbsp caster sugar

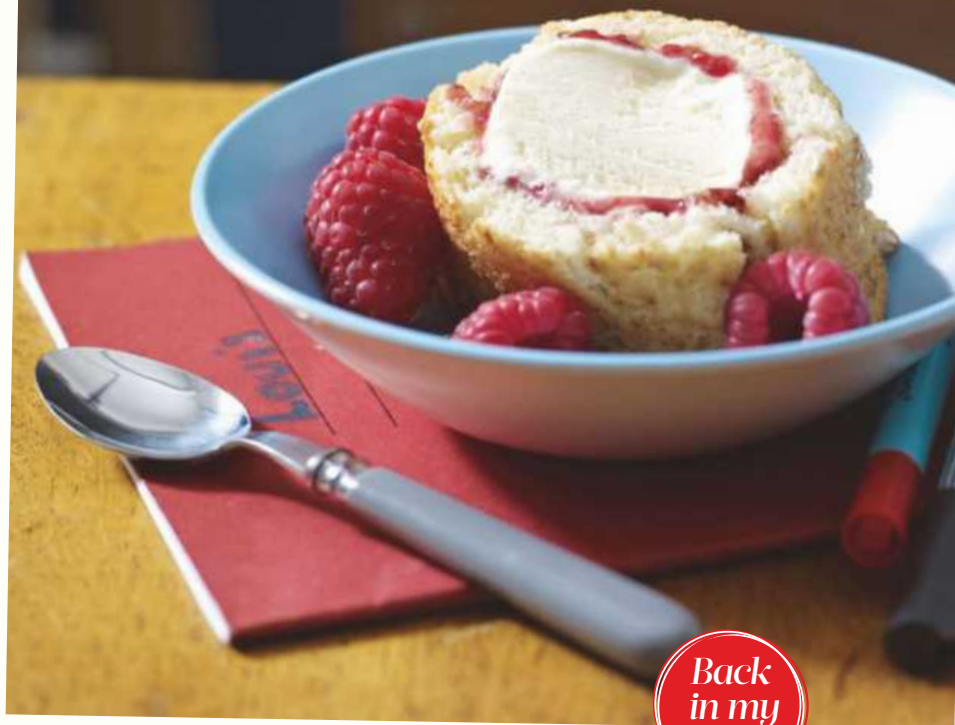
1 To make the rice pudding, pour the milk into a large, heavy-based pan, then add the vanilla pod and seeds, rice and sugar. Heat gently and bring to the boil, then leave to simmer, uncovered, for 30-35 mins, stirring occasionally, until the rice grains are cooked through, the milk is almost absorbed and the texture is creamy.

2 To make the jammy sauce, put the blackberries and caster sugar in a pan, and cook over a gentle heat for about 5 mins to dissolve the sugar and soften the fruit a little.

3 Using a slotted spoon, take the fruit out of the pan and put into a dish. Bring the liquid to the boil for a few mins to reduce it and make it more syrupy, then add back the fruit. To serve, divide the rice pud between 6 bowls with a good dollop of the jam.

295 CALS PER SERVING
8g FAT 5g SAT FAT
46g CARBS

DON'T WORRY IF YOUR SPONGE BREAKS – IT WILL STILL TASTE JUST AS GOOD!



Back
in my
day!

A+ ARCTIC ROLL

SERVES 12 READY IN 40 MINS + COOLING & CHILLING

1-litre tub clotted cream vanilla ice cream
3 large eggs
185g caster sugar, plus extra for dusting
75g self-raising flour
200g fresh raspberries, plus extra to serve
4tbsp raspberry jam
2tbsp icing sugar

1 Soften the ice cream slightly and turn it out onto a sheet of baking paper. Cut in half and put the pieces end to end, wrap up and twist the ends of the paper to create a long sausage,

about 5x30cm. Freeze until very firm.

2 Heat the oven to 220C, gas 7. Beat the eggs and caster sugar together until very light and creamy, and you can see a ribbon trail on the surface. Carefully fold in the flour, then pour the mixture into a 23x33cm Swiss roll tin, smooth the surface and bake for 12-15 mins, until golden and springy to the touch.

3 Dust a large sheet of baking paper with caster sugar, then turn the cake out onto it. Set aside to cool a little.

4 Whizz the raspberries, then sieve into a pan with the jam. Stir in the icing sugar and boil for around 5 mins until thick. Set aside to cool.

5 To assemble the pudding, spoon the raspberry sauce over the cooled sponge. Add the ice cream and roll up. Set onto a serving platter, with the seam underneath, and slice to serve with some extra raspberries.

214 CALS PER SERVING
6g FAT 3g SAT FAT
35g CARBS





SCIENCY SELF-SAUCING CHOCOLATE PUDS

SERVES 4 READY IN 40 MINS

125g self-raising flour
30g cocoa powder
125g caster sugar
75ml milk
2 eggs
60g unsalted butter, melted
1tsp vanilla extract
75g light muscovado sugar

a well in the centre of the flour and pour in the egg mixture. Mix until smooth, then spoon into the ramekins. Place in an ovenproof baking dish.

3 Mix together the muscovado sugar and remaining cocoa powder with 250ml boiling water. Pour, over the back of a spoon, onto each pudding (it will look terrible!). Bake for 20-25 mins, until the tops are firm. The sauce will magically fall to the bottom of the puds during cooking!

1 Heat the oven to 180C, gas 4. Lightly grease 4x 250ml ovenproof ramekins or small pudding bowls.

2 Sift the flour and half the cocoa into a bowl. Stir in the caster sugar and a pinch of salt. Whisk together the milk, eggs, butter and vanilla. Make

501 CALS PER SERVING
18g FAT 10g SAT FAT
73g CARBS

DINNER LADY'S APPLE CLOUD

SERVES 8 READY IN 50 MINS + COOLING

4 large Bramley apples, peeled and cored
2tbsp raisins
1tbsp light brown sugar
½tsp ground cinnamon
350ml milk
300ml double cream
1tsp vanilla extract
4 eggs, separated
225g caster sugar, plus 2tbsp
2tbsp gluten-free cornflour
1tbsp white wine vinegar

1 Chop the apples and put into a deep saucepan with the raisins, brown sugar and cinnamon. Cover with a lid and gently heat until softened and slightly saucy.

2 To make the custard, gently heat the milk, cream and vanilla until steaming. Meanwhile, in a large bowl whisk the egg yolks with 2tbsp sugar and

1tbsp cornflour. Slowly pour the hot cream over the yolks, whisking all the time. Once combined, pour back into the pan and return to the heat. Bring to the boil and cook for 3-4 mins until thickened, then set aside.

3 Put the apples in a 1.5-litre ovenproof dish. Pour over the custard and allow to cool. Heat the oven to 180C, gas 4.

4 To make the meringue, whisk the egg whites until stiff, then gradually add the remaining sugar, returning to stiff peaks after each addition. Whisk through the remaining cornflour and vinegar, then spoon over the custard. Bake in the oven for 20-25 mins until lightly golden and set.

499 CALS PER SERVING
25g FAT 14g SAT FAT
59g CARBS



TEACHER'S FAVOURITE TREACLE SPONGE

SERVES 8 READY IN 15 MINS + 2 HRS STEAMING

For the pudding

175g Stork Original Baking Block,
softened, plus extra for greasing
4tbsp golden syrup
1tbsp black treacle
175g light brown sugar
3 eggs, beaten
Zest ½ lemon
175g self-raising gluten-free flour
1-2tbsp almond milk

For the free-from custard

250ml pot soya cream
250ml almond milk
Seeds from 1 vanilla pod
5 egg yolks
50g unrefined caster sugar
1tsp gluten-free cornflour

1 Grease a 1-litre pudding basin and drizzle in the golden syrup and treacle.

2 Using a hand-held whisk, cream the sugar and Stork together until pale and fluffy. Add the egg, a little at a time, and beat well after each addition. Add the zest and flour, and gently fold to combine. Use the milk to loosen the mixture.

3 Pour the mixture into the pudding basin and level. Cover with a piece of pleated greaseproof paper, then cover with foil and tie with string. Put on a trivet, set in a pan, and fill to

half way up the side of the basin with boiling water. Steam for 2 hrs.

4 To make the custard, mix the cream and milk in a pan with the vanilla seeds and bring to a simmer. Whisk the egg yolks with the sugar and cornflour in a bowl. Whisk in the hot milk, then return to the pan. Over a low heat, stir until the custard coats the back of a spoon. If it starts to curdle, remove from the heat and whisk hard until smooth.

507 CALS PER SERVING**28g FAT 7.5g SAT FAT****54g CARBS**

Totally
free
from

x Watch ANDLEARN...

Steam your pud like a pro
with top tips at goodtoknow.co.uk/steamedpud

Gluten free & GORGEOUS

The latest baking craze is free from dairy, wheat and gluten, so you can have your cake and eat it, too!

MANHATTAN CHEESECAKE

SERVES 10-12 READY IN 3 HRS + CHILLING

175g dairy-, wheat- and gluten-free digestives

55g coconut butter or dairy-free block margarine, plus extra for greasing

30g unrefined demerara sugar

1kg dairy-free cream cheese, at room temperature

250g unrefined caster sugar

3tsp wheat- and gluten-free plain flour

1tsp vanilla extract

Finely grated zest and juice 1 lemon

Finely grated zest 1 orange

3 large eggs, beaten

300ml dairy-free sour cream

For the topping

150ml dairy-free sour cream

1tbsp unrefined caster sugar

Berries and edible flowers (optional)

1 Heat the oven to 180C, gas 4. Grease the base and sides of a 23cm spring-clip cake tin. Next, pulse the digestive biscuits in a food processor until they resemble sand.

2 Melt the coconut butter or margarine in a saucepan, then stir in the biscuit crumbs and demerara sugar. Firmly press the mixture into the base of the tin.

3 Bake for 10 mins, then leave to cool. Turn the temperature up to 220C, gas 7.

4 In a large mixing bowl, use an electric hand mixer to beat the cream cheese. Gradually beat in the sugar and flour, then the vanilla extract, lemon zest and juice and orange zest, then gradually beat in the eggs. Slowly beat in the sour cream until smooth and light. Pour on top of the biscuit base.

Top tip
Serve this with delicious berries piled on top - and make it (almost) one of your 5-a-day!

5 Bake for 10 mins, then reduce oven temperature to 150C, gas 2 and bake for 25 mins more. Turn off the oven and leave the cheesecake in there with the door closed for 2 hrs.

6 For the topping, use an electric hand mixer to beat the sour cream and caster sugar together until creamy. Spread over the top of the cheesecake, right to the edge, before chilling in the fridge overnight.

7 Remove from the tin and top with berries and edible flowers, if you like.

616-510 CALS PER SERVING 39-33g FAT 22-18g SAT FAT 49-43g CARBS





Bake and share
your picture
with us on

 [instagram.com/
goodtoknow_essentials](https://www.instagram.com/goodtoknow_essentials)



Top tip
Don't forget the
apricot glaze - it
gives these tartlets a
really professional
finish

BLUEBERRY & RASPBERRY AMANDINES

MAKES 6 READY IN 2 HRS 30 MINS

*1 quantity gluten-free pastry (such as Genius)
1 egg, beaten with 1tbsp soya, rice, almond or
coconut milk
100g dairy-free spread
100g unrefined caster sugar
1 large egg, plus 1 large yolk, beaten
110g ground almonds
25g wheat- and gluten-free plain flour
2tbsp Kirsch, crème de cassis or
crème de framboise
220g mixture of blueberries
and raspberries
30g flaked almonds
175g apricot jam
Juice ¼ lemon
A little cold water*

1 Roll out the pastry and use to line 6x10cm shallow tartlet tins, then transfer to the freezer to chill for 30 mins. Meanwhile, heat the oven to 190C, gas 5 and put a baking tray in the oven to heat. Line the pastry cases with baking parchment and ceramic beans and put on the hot baking tray in the oven. Blind bake for 15 mins.

2 Remove from the oven and carefully lift out the parchment and beans. Brush the beaten egg and milk mixture over the pastry cases and return to the oven for

5-10 mins. Set aside to cool and turn the oven temperature up to 200C, gas 6.

3 In a large bowl, beat the dairy-free spread and sugar together until light and creamy. Gradually add the beaten egg and yolk, beating well after each addition.

4 Using a large metal spoon, gently stir in the ground almonds and flour, then stir in the liqueur. Pour the mixture into the tartlet cases, gently spreading it to the edges, using a round-bladed knife.

5 Gently press the berries into the filling, without cramming in too many. Sprinkle with the flaked almonds and bake for 10-15 mins or until the pastry starts to brown.

6 Turn the oven down to 180C, gas 4 and continue baking for 15-20 mins until the filling is firm to the touch.

7 Meanwhile, melt the apricot jam with the lemon juice and water in a small saucepan. Press through a nylon sieve into a small bowl.

8 Remove the tartlets from the oven and, using a pastry brush, generously paint the tops with the apricot glaze. Serve warm or cold with coconut cream or a scoop of vanilla ice cream.

**762 CALS PER SERVING 47g FAT
12g SAT FAT 68g CARBS**



Top tip
You can have fun with these and theme them! Just use any cookie cutter that takes your fancy

BLACKCURRANT SORBET SANDWICH

MAKES 12 READY IN 1 HR 45 MINS + CHILLING & FREEZING

Blackcurrant sorbet

400g blackcurrants, fresh or frozen

125ml runny honey

60g unrefined caster sugar

500ml water

Grated zest and juice 1 big lemon

Mint shortbread

175g dairy-free spread

75g unrefined caster sugar, plus 1tbsp

1tbsp finely chopped fresh mint

175g wheat- and gluten-free plain flour,

plus extra for dusting

1tsp xanthan gum

75g fine polenta

1 Put all the sorbet ingredients into a large saucepan, bring to a quick boil, then reduce the heat and simmer for 10 mins.

2 Strain the fruit through a nylon sieve into a bowl, pressing through all the flesh and juice with the back of a spoon, leaving the pips and skin behind. Chill for at least 8 hrs.

3 Churn the chilled mixture in an ice cream machine according to manufacturer's instructions. Meanwhile, line a 20cm square cake tin with clingfilm, ensuring you have a 5cm overlap on two ends (to help lift it out).

Spoon the churned sorbet into the tin, cover with clingfilm and freeze for at least 5-6 hrs.

4 To make the biscuits, heat the oven to 150C, gas 2. Put the dairy-free spread into a large bowl and, using a wooden spoon, beat until soft. Add the 75g caster sugar and chopped mint and beat until combined.

5 Sift in the flour and xanthan gum and add the polenta. Stir to combine, then, using your hands, bring the dough together; it will be soft and slightly sticky.

6 Roll out the dough to a 3mm thickness between 2 pieces of clingfilm lightly dusted with flour. Stamp out biscuits using a 8cm square, round or rectangular cookie cutter and carefully transfer to a baking tray lined with baking parchment.

7 Bake for 1 hr or until golden, remove from the oven, cool for 5 mins and sprinkle with 1tbsp caster sugar. Transfer to a wire rack to cool completely.

8 To serve, lift the sorbet out of the tin onto a board and, with the same cutter you used for the biscuits, stamp out a piece of sorbet, and sandwich between 2 biscuits.

25 CALS PER SERVING 10g FAT

2.3g SAT FAT 36g CARBS



A blackcurrant sorbet with coconut cream drizzle works perfectly with this recipe

MINI PAVLOVAS WITH BLACKCURRANT COMPOTE

SERVES 6 READY IN 1 HR 40 MINS

Meringue

4 large egg whites

Pinch salt

200g unrefined caster sugar

1tsp cornflour

1tsp white wine vinegar

1tsp coffee extract

400g fresh or frozen blackcurrants

4tbsp runny honey

To serve

50g blanched hazelnuts

1 scoop per meringue of dairy-free ice cream

1 Heat the oven to 180C, gas 4. Spread the hazelnuts out on a baking tray and toast in the oven for 6-8 mins until golden brown. Tip onto a board, roughly chop and leave to cool.

2 Line two baking trays with baking parchment and draw 3x10cm circles on each sheet, leaving space in between each (for the meringues to spread). Turn the parchment over, so that the pencil markings are underneath, but visible.

3 In a large, clean metal or glass bowl, whisk the egg whites and salt with an electric hand mixer until they hold soft peaks. Continue whisking while gradually adding the sugar, a tablespoon at a time.

4 Using a large metal spoon, gently fold in the cornflour, vinegar and coffee extract until just combined.

5 Dollop 6 large spoonfuls of meringue onto the marked circles, roughly smooth the mixture out, creating a slight dip in the centre of each where the ice cream will sit. Transfer to the oven and immediately reduce the oven temperature to 150C, gas 2.

6 Bake for 30 mins, then turn the oven off and leave them in the oven to cool for a further 30 mins. Remove from the oven and carefully transfer to a wire rack.

7 Meanwhile, to make the compote, heat the blackcurrants and honey in a medium pan, bring to a low boil over a gentle heat, then simmer for a few mins until the juice is nice and thick, and the berries have burst. Remove from the heat and leave to cool.

8 To assemble, put a scoop of dairy-free ice cream in the dip of each Pavlova, drizzle with the blackcurrant compote and sprinkle with the chopped hazelnuts.

360 CALS PER SERVING 14g FAT

6g SAT FAT 48g CARBS

Top tip

Freeze the cooked meringues (in a rigid plastic container so they don't break up) for later use



Sorbet's lovely, but ice cream's lovelier! And now you can indulge in this luscious, dairy-free treat

Top tip

Add 2tbsp ginger syrup from a jar of stem ginger to the sugar and lemon for a bit of a kick

LEMON CUSTARD GELATO WITH HOT LEMON SAUCE

SERVES 10 READY IN 45 MINS + CHILLING & 5 HRS FREEZING TIME

6 large egg yolks
30g soya powder
2tbsp sunflower oil
200g unrefined caster sugar
500ml soya cream
250ml soya milk
Grated zest 2 lemons
185ml lemon juice (6-8 lemons)
Pinch salt

For the hot lemon sauce

1 heaped tsp cornflour
Juice and grated zest 2 lemons
50g unrefined caster sugar

1 In a large mixing bowl, whisk together the egg yolks, soya powder and sunflower oil until you have a thick, smooth paste. Transfer the mixture to a pan and whisk

together with the sugar until combined. Slowly whisk in the soya cream and milk until completely incorporated.

2 Cook over a gentle heat, stirring constantly with a wooden spoon, without letting it boil. When the custard has thickened and coats the back of the spoon, remove from the heat and strain through a metal sieve into a clean bowl. Stir in the lemon zest and juice and salt, cover and chill in the fridge overnight.

3 Remove the custard from the fridge and strain through a metal sieve to remove the lemon zest. Churn the chilled custard in an ice cream machine according to the manufacturer's instructions.

4 Transfer the soft-scoop ice cream into a suitable container and place in the freezer until ready to serve.

5 For the hot lemon sauce, mix the cornflour with 2tbsp of the lemon juice in a heatproof bowl.

6 Put the remaining lemon juice and the sugar in a saucepan over a low heat until the sugar has dissolved. Add the zest and bring to simmering point, but do not boil.

7 Pour the liquid over the cornflour and lemon mixture, stirring well. Return to the pan over a low heat, stirring until the sauce thickens, a further 2 mins. Leave to cool slightly, then pour over the gelato to serve.

259 CALS PER SERVING 15g FAT 3g SAT FAT 27g CARBS



These recipes are taken from **Free-From Desserts** by Julia Thomas (£20, Quadrille). Photography by Andrew Montgomery

How to make... THE BEST TOMATO SOUP

Master the basics and be more confident in the kitchen

MORE SOUPER TIPS



- * **Like a strong flavour?** Roast the tomatoes first with oil, garlic and fresh tarragon or rosemary.
- * **Save time** Roughly grate the veg in a food processor. Or, swap fresh tomatoes for canned.
- * **Go exotic** Add roasted red peppers, red lentils and ras el hanout spice blend.
- * **Freeze it** Pop it in the freezer in individual bags; defrost before reheating.
- * **Make it creamy** Swirl in a touch of whipping cream and heat through.
- * **Use the seeds** Spread them on toasted baguette and add a drizzle of olive oil and plenty of salt.
- * **On a diet?** Use Fry Light instead of the olive oil to make this soup guilt-free.

SIMPLE SUPPER

SERVES 4 READY IN 35 MINS

2tbsp olive oil
2 onions, peeled and chopped
1 carrot, peeled and diced finely
1 garlic clove, peeled and crushed
450g fresh ripe tomatoes
1tsp sugar
1 litre vegetable stock

1 Heat the olive oil in a large saucepan, then add the

onions, carrot and garlic. Cover and cook for 10 mins until soft.

2 Score the bottom of the tomatoes with a sharp knife and place them in boiling water for 2 mins. Transfer to a bowl of cold water and remove the skins. Chop the tomatoes, discarding the seeds, and add to the pan with the onions and carrot.

3 Add the sugar and season, then stir and cook for another 5 mins. Add the stock and bring to the boil. Turn the heat down and simmer for 10 mins, then liquidise until smooth, or use a hand-held blender.

133 CALS PER SERVING
7g FAT 1g SAT FAT
14g CARBS

x Watch & LEARN



See how simple this recipe is to make by following our how-to video at goodtoknow.co.uk/tomatosoup



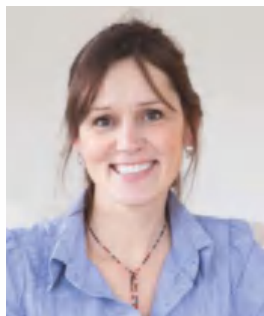
SIMPLE & stylish

Brighten any room in the house with clever ideas and tips inspired by this cool and calming home

Style tip

Add a range of quirky artwork, but keep the look consistent by sticking to black and white





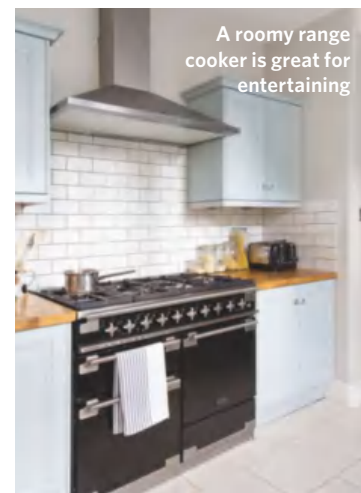
WHO LIVES HERE?

Rosie and Jack Simmons moved from London to this five-bedroom, three-storey Edwardian house in East Sussex in 2011. They've knocked down walls and swapped the original, entirely terracotta décor, with cool blue, white and grey shades.



DINING AREA Gathered together

- * Keeping the kitchen and dining area open-plan creates a more social environment – so you can chat while you chop. Subtly bring the two rooms together by framing dining room pictures in the same wood as the kitchen countertops.
- * Eames-style chairs are pricey, so go for the DSW replica chair from bluesuntree.co.uk instead.



A roomy range cooker is great for entertaining

LIVING ROOM Tone and texture

- * White furniture can feel a bit bland, so warm it up with soft prints, natural textures and wicker, as well as metal accessories. For a similar over-arching lamp, try made.com.
- * Use blinds instead of curtains to frame portrait windows – it's a clever trick, which makes ceilings appear higher and the room more spacious.

KITCHEN Access all areas

- * Rosie replaced tiny windows at the back of the house with French doors opening onto the garden. 'It works much better for us,' she says.
- * Rosie's kitchen cabinets are Homebase, but she wasn't keen on the steel handles provided, so replaced them with wooden knobs and colour-matched them.





STAIRCASE One step ahead

* This charming (and educational) treatment of the stairs that lead to the children's playroom in the attic is easy to replicate. The stencils were done by (Rosie's) hand, in Arsenic Estate Eggshell by Farrow & Ball, a pretty, vivid green, and are easily used on any surface you see fit.



Style tip
Forget the conventional 'set' of bedroom furniture. This mix of black and white wood looks fab



STUDY Designer wall

* Another room, another gallery of prints, but this time there's a splash of colour. These intricate lasercut prints, which are a style staple throughout the house, are by Rosie's own design company, Mimi & Mae – head to mimiandmaepapercuts.co.uk for your own personalised version.

* Love the metal desk? Us, too! It's vintage, but you'll find lots of similar ones to snap up at metroretro.co.uk. Just team with an oversized desk lamp and quirky accessories for a thoroughly modern workspace.

'We didn't have pots of money as we'd pushed ourselves to buy the house'



MASTER BEDROOM

Subtle sanctuary

- * Finally, a place the kids can't infiltrate! Make the most of your bedroom and create a calming canvas using delicate shades of mushroom and pale grey, adding subtle colour with a few choice accessories.
- * Geometric prints are big this season (see page 107), so incorporate them into your bedroom with a bold, thick-piled rug and co-ordinating throw pillows for maximum impact.

BATHROOM

Simply stylish

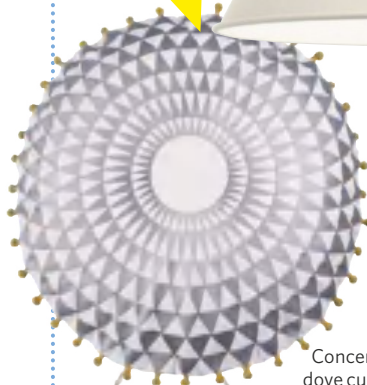
- * Rosie went for a pared-down look with painted floorboards, clean lines and a simple addition of a neat café curtain at the window. Muted green walls and several mirrors make the room appear spacious, without feeling too clinical.
- * Moroccan-style lanterns and mirrors, rustic furniture and soft cream towels add just a touch of the exotic – pour enough bubbles into your next bath and imagine you're at the spa...



GET THE LOOK



Foto pendant lamp in off-white, **£18**, IKEA



Concentric dove cushion by Niki Jones, **£90**, Rume



Charles Eames style house bird, **£44.95**, Vita Interiors



Natural slate heart chalkboard, **£6.95**, dotcomgiftshop



Heart of House Amersbury arch beaded mirror, **£69.99**, Argos



Wide stripe nautical cushion, **£16**, M&Co



Silver lantern, **£12**, George Home at Asda



Jerry side table, **£250**, Sweetpea & Willow

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Geo print curtains, from **£25**, crewel work cushion, **£18**, linen look cushion, **£14**, geo knit throw, **£35**, green alma side table, **£60**, all Next



Geometric teal bowl, **£18**, House of Fraser



Wooden vases, from **£40** each, House of Fraser



PS 2014 storage combo, **£51**, Ikea



Grey geo cushion, **£32**, Oliver Bonas



DKNY

THE RIGHT *angles*

Update any room in your home with these on-trend geometric buys



Geo ceramic table lamp, **£35**, Next

ANGELO MARANI



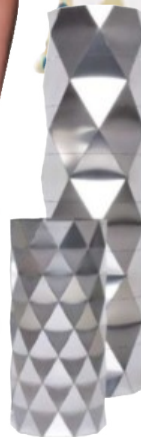
Hexagon mirror with chain, **£35**, Oliver Bonas



Geometric cushion, **£19.99**, Homesense

Style tip
Choose prints with different shapes in complementary colours to keep the look streamlined

Price & Kensington Geometric Teapot, **£17**, Littlewoods



Silver geometric vases, from **£30** each, Another Studio



Assen storage table, **£119**, BHS



Print mugs, **£5** each, placemat, **£10** for two, coaster, **£5** for four, tea towel, **£14** for three, all Linea Juxtapose range, House of Fraser. Gold eight-cup cafetière, **£35**, glass clip-top jar, **£12**, oak tray, **£26**, all House of Fraser

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HI THERE!

**CRAFT QUEEN
GEMMA CHANDLER
SHARES THE MAKES
THAT ARE WORTH
YOUR WHILE
THIS MONTH**

MAKE IT easy

GoodtoKnow.co.uk

Cool & collected

A clear crafting box means, well, a clear... er, crafting box. Decluttering leaves room for more creativity, so get those bobbins, string and hooks back into an easy-to-find order. These distressed teal drawers and handy dividers will do just the job - and they look great, too!

Organise yours with our pretty storage boxes at goodtoknow.co.uk/usefulstorage



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MARKETPLACE,
ETSY.COM

5 SIGNS YOUR CRAFTING IS OUT OF CONTROL

**1 YOUR
WHEELIE
BIN** *is decorated
with your initials...in
glitter and gemstones.*

**2 THE BACK
SEAT** *of your car
is adorned with cross-
stitched cushions.*

**3 YOUR
HAMSTER** *is crying out
for you to
crochet it
some socks.*

**4 YOU
ATE** *your takeaway with
knitting needles, and
didn't even notice.*

**5 EVERY
SINGLE
THING** *in the garden shed
has its own coaster,
cover and/or case.*



THIS MONTH...

I'm revamping & reorganising

The old pinboard that has been hanging precariously next to my fridge is finally about to get a face lift. All it takes is some brightly coloured accessories and pretty paper to make a new backing.

Update yours with ideas at goodtoknow.co.uk/pinboard



3 OF THE BEST

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CAVE. I
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John Lewis

Mosaic Print,
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John Lewis

Hampton Wedding
D Tana lawn cotton,
£22.50 per
metre, Liberty

We've got loads of fabric projects for you to try at goodtoknow.co.uk/homecraft

House of FUN!

KIDS CRAFT

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TIN CAN ALLEYWAY

EVERYONE CAN JOIN IN THIS PLAYTIME CLASSIC – A GREAT ONE FOR PARTIES, TOO

- * Scissors * Wrapping paper * Empty tin cans
- * Double-sided tape * Spotty fabric * Pins
- * Needle and thread * Rice or beans

- 1 Measure and cut the paper to wrap around the outside of the tin cans. Stick in place with double-sided tape.
- 2 For the beanbags, measure and cut two 10x10cm squares of spotty fabric. Pin them right sides together.
- 3 Sew around the edges of the fabric squares, leaving a 4cm opening on one side. Turn right side out, then fill with rice or beans. Neatly stitch up the opening.

WHERE TO BUY Circus Fun wrapping paper, £6.95 for five sheets; String of multicoloured light bulbs, £19.95, both dotcomgiftshop.com. Spotty Fat Quarters, £7 for six pieces, Hobbycraft (hobbycraft.co.uk). White bistro folding table, £30, chair, £20, both Tesco Direct (tesco.com)

MR STRONG

PLAY AT BEING THE WORLD'S STRONGEST MAN FOR THE DAY WITH OUR (LIGHTWEIGHT) BARBELLS

- * Long cardboard tube
- * Black enamel spray paint
- * Black balloons * White paint pen
- * Elastic

- 1 Protect your work area with newspaper. Spray one side of the tube black. Leave to dry, roll over and spray the other side.
- 2 Inflate two balloons and knot the ends. Write a weight measurement on each in white.

- 3 Tie the end of a long piece of elastic onto one balloon and fasten with a double knot. Thread the other end through the black tube. Pull the elastic tight and tie onto the second balloon, so that it springs back to the end of the tube.

WHERE TO BUY Black Fast Dry Enamel Paint, £4, PlastiKote (plastikote.com). Black balloons, £2.50 for ten, white folding bistro chair, £20, all Tesco Direct (tesco.com). Posca Marker 2M Pen in white, £3, Clouds fabric, from a selection, both Hobbycraft (hobbycraft.co.uk)



7-9 YEARS OLD

Watch AND LEARN



See how easy it is to make these party props at goodtoknow.co.uk/faceframes



**9-11
YEARS
OLD***

PEEK-A-BOO!

CREATE A CIRCUS-THEMED PHOTO BOOTH WITH FUNNY-FACE FRAMES

- * Large picture frames
- * Mount board
- * Pencil
- * Craft knife and cutting mat
- * Felt
- * Polka dot and gingham ribbons
- * Paper flower and button
- * Glue
- * Pom-poms
- * Sequin stars

1 Remove glass and backing board from the frame. Draw round the backing board on the mountboard, then draw an oval 'face' in the centre. Cut out the oval and fix inside the frame.

2 For the clown frame, cut out a felt hat and stick to the top of the 'face'. Stick a strip of polka dot ribbon and the flower and button to the hat. Cut a

scalloped edge along white felt and stick round the bottom of the face. Tie a gingham bow and glue at the bottom of the 'face'. Glue pom-pom 'hair' either side of the face.

3 For the lion, cut out pale yellow and brown felt 'ears' and stick them on. Cut 6cm-wide lengths of pale yellow felt and 5cm-wide lengths of deep yellow felt. Snip along each length to create fringing. Stick them around the face. Tie a polka dot bow and glue in place. Cut out a red felt hat and stick to the top. Decorate with sequin stars.

WHERE TO BUY Dorchester gold-effect frame, £7.50, Rococo ivory frame, £17, both Wilko (wilko.com). Daler Rowney Graduate A1 Mountboard, £3 per sheet, felt sheets, 50p each, bright Shaggy pom-poms, from a selection, sequin stars, 49p for 100, ribbons, from a selection, all Hobbycraft (hobbycraft.co.uk). Papermania Spots & Stripes Big Bloomers, £3 for 32, Spots & Stripes Chipboard Buttons, £3.95 for 24, all Docrafts (docrafts.com). Vintage Party Honeycomb Balls, from £3.95, dotcomgiftshop.com



HOOKED ON YOU

HAVE HOURS OF FUN WITH THIS
HOMEMADE FAIRGROUND STALL GAME

* **Number stencil** * **Black permanent marker pen**
* **Plastic ducks** * **Self-adhesive gems and stars** * **Bright feathers** * **Glue** * **Small screw hooks and eyes** * **Garden canes**

1 Using the stencil and black marker pen, draw numbers on the bottom of each duck – make sure they're easy to read for little ones taking part.

2 Personalise ducks with gem stones, star stickers and bright feathers.

3 Screw the small hooks to the duck heads and the screw eyes to the end of each garden cane.

WHERE TO BUY Plastic ducks, 99p for five, 99p Stores (pstoresltd.com). Papermania adhesive gems and stars, £1.50 per pack, bright feathers, £3 per pack, both Hobbycraft (hobbycraft.co.uk). Nickel-effect hook and eye, £1.68 for ten, B&Q (diy.com). Four-Ring Pool, £9, Wilko (wilko.com)

**3-5
YEARS
OLD***

5-7
YEARS
OLD

INSTEAD OF ELASTIC, USE
RIBBON FOR THE WAISTBAND
WHICH CAN BE TIED INTO A
PRETTY BOW AT THE BACK

TU-TU PRETTY

WOW THE LITTLE BALLERINA IN YOUR
LIFE WITH THIS EASY-TO-MAKE SKIRT

* 13mm white elastic * Scissors * Needle and
thread * ½-metre lengths of bright coloured
tulle netting * Plain top * Large pom-poms

- 1 Measure the elastic around your child's waist and cut. Sew the ends together.
- 2 Cut the tulle netting into strips measuring 4x50cm. Tie each strip of tulle around the elastic, alternating the colours, until the tutu looks full. Sew some pom-poms on the front of a plain top to complement the tutu.

WHERE TO BUY 13mm white elastic, £1 for 2m; Shaggy pom-poms, from a selection, all Hobbycraft (hobbycraft.co.uk). Tulle net, from £1.30 per m, Heathcoat Fabrics (heathcoatfabrics-online.com). Tent, elephant and hoops – see Where To Buy below

STEP RIGHT UP!

YOU'LL BE WALKING TALL WITH OUR JUMBO STILTS – TIME TO GET STOMPING!

* Large empty tin cans * Hammer and
nails * Grey paint * Pink paint * Black
marker pen * String

- 1 Mark a point on opposite sides of the bottom of the can. Hammer a nail through at these points, to create two holes. Repeat with the second can.
- 2 Paint the outside of the cans with grey paint and leave to dry completely. Draw some toes on the bottom of each can, then paint them with pink paint. Leave to dry completely, then outline the toes with the black marker pen.

- 3 Cut two lengths of string measuring 150cm each (depending on your child's height). Thread the string through the holes in each side of the cans. Tie knots inside to hold the string in place.

WHERE TO BUY Dash Of Soot Absolute Matt Emulsion, £4, The Little Greene Paint Company (littlegreene.com). DecoArt Crafters Acrylic in Bubblegum Pink, £1.50, Hobbycraft (hobbycraft.co.uk). Circus tent, £15, Tesco Direct (tesco.com). Hoops, £4.95 each, dotcomgiftshop.com. Jumbo elephant, £12, Wilko (wilko.com)

x Watch AND LEARN



Give this craft a go with our easy-to-follow
video at goodtoknow.co.uk/elephantfeet



PINT-SIZED CIRCUS

PUT ON A SHOW AND WOW THE CROWDS

* Small suitcase * Red stripe paper * Glue * Alphabet stickers * Foam star stickers * Spotty fabric * Needle and thread * Pins * String * Stripe washi tape * Wooden pins * Feathers * Bright pom-poms * Net * Ribbon bows * Self-adhesive gems * Felt tip pens

**7-9
YEARS
OLD**

1 Open the case with the lid as the 'stage' of the puppet show and the base as the 'back wall'. Cut a piece of red stripe paper to fit the 'back wall' and glue in place. Stick the words 'My Circus' to the 'back wall' using alphabet stickers and foam star stickers.

2 Cut two rectangular pieces of fabric for the curtains. Fold and sew a hem at the bottom, then fold over the tops by 1cm, and pin and sew in place. Thread a length of string through the curtains and stick the ends to either side of the top of the opened case with washi tape. Pull the curtains open.

3 Make circus 'puppets' by decorating wooden pins with stripe craft tape, string, feathers, pom-poms, net, bows, gems and felt tip pens.

WHERE TO BUY Ulysses spotty suitcase, £19.80 for three, Amazon (amazon.co.uk). Craft Planet Funky Foam Stars, £2. Papermania Bellissima Alphabet Stickers, £3.50. Spots & Stripes bows, £2.50 for 20. Spots & Stripes Fat Quarters, £9.95 for five pieces. Spots & Stripes paper, £16.95 for 48 sheets. Baker's Twine, £5.95 for three rolls, all Docrafts (docrafts.com). Darice flat pins, £2.99 for 20. Papermania Adhesive Gems, £1.50 per pack. Shaggy Pom-Poms, from a selection, all Hobbycraft (hobbycraft.co.uk). Candy stripes washi tape, £3.95 for four rolls, dotcomgiftshop.com. Watermelon bunting, £3, Tesco Direct (tesco.com)

FINISH OFF YOUR CIRCUS BY ADDING SOME SMALL TOY ANIMALS SUCH AS ELEPHANTS, HORSES AND LIONS



Makes & styling Suzie Attaway Photography Oliver Gordon
*Requires help from an adult

SEW *over it!*

Stitching is the new knitting and
now you can indulge in your hobby
with the whole family

Want to steal your kids away from screen time and get them involved in something creative? You need the new sewing book by Belle & Boo, brimming with over 25 playtime projects for all skill levels. *S is for Sewing* offers everything, from simple masks – ideal for

total beginners to make, to pull-along ducks (pictured) and cowboy-inspired retro-style hobby horses. The book also gives you all the templates you'll need as well as easy-to-follow guides just in case, like us, you're not quite a master crafter!

✱ *Belle & Boo S is for Sewing*, £16.99, Quadrille

RIDE 'EM COWBOY!

A HOBBY HORSE IS THE CLASSIC CHILDHOOD ACCESSORY. WELL, IF YOU CAN'T AFFORD A REAL PONY!

* **Basic sewing kit** * **60x35cm mid-weight fabric** * **stuffing** * **20x15cm black suede or felt** * **Two 2cm black buttons** * **110cm black cotton tape, 12mm wide** * **Four 15mm metal rings** * **100g brown wool** * **20x10cm corrugated card** * **Hot glue gun** * **2cm diameter pole, 80cm long** * **Sewing thread** * **Sewing machine**

1 Draw a horse head and cut out. Cut out two fabric heads, one reversed and two fabric ears, one reversed. From the suede or felt, cut out two ears, one reversed and two nostrils.

2 Mark the positions of the eyes and ears on both sides of the head. With the right side of the fabric facing inwards, fold the nose onto the head piece, so the two points match up. Pin the two sides, then machine stitch the dart. Do the same on the other head piece.

3 Pin and tack the two heads together with right sides facing and darts matching. Machine stitch, leaving the bottom edge open. Turn right side out and stuff the head and the top of the neck.

4 Stitch a nostril to each side of the head, positioning them over the ends of the darts. Sew the buttons onto the marked points.

5 With right sides facing, pin the fabric and felt or suede ears together in pairs. Machine stitch, leaving the bottom edge open. Trim the seam allowance, then turn right side out and press. Fold in half, with the main fabric on the outside, and stitch along the bottom edge.

6 Make two cuts in the head, snipping along the marked ear positions. Tuck the ears into the slits and stitch in place.

7 For the noseband, cut two 15cm lengths of tape. Join a metal ring to each end of the first length. Add the other piece of tape to make a loop. Cut a 25cm length of tape for the browband. Join this to a 20cm length, using the other two rings, to make a larger loop.

8 Join the two loops with two 10cm lengths of tape for the cheek pieces. Fit the harness on the head. Cut a length of tape for the headpiece that goes round the back of the head and sew the ends to the browband loops.

9 For the horse's mane, cut the brown wool into 24cm long strands. Take four or five strands at a time, fold them in half and back-stitch along the head seam. Start stitching behind the headband and finish 5cm from the bottom opening.

10 To attach the pole, cut two 9cm discs of thick corrugated cardboard, and snip out a 2cm circle from the centre of each. Stick them together, then slide the double disc over the pole, so that it lies 12cm down from the top end.

11 Using a double strand of sewing thread, sew a round of running stitches around the neck edge. Push the pole into the neck, add more stuffing so it's firm and partly draw up the thread. Add more stuffing below the disc, then draw up and secure.



x Amazing sew AND SEWS



For more Belle & Boo sewing how to's and to print this template, go to goodtoknow.co.uk/belleandboo



When your little ballerina plays dress-up, her soft toy should look the part, too! To make Boo's tutu go to goodtoknow.co.uk/bootutu



BEDTIME BEAR

YOUR KIDS WILL LOVE TUCKING IN THEIR FAVOURITE TOY AT NIGHT

- * Basic sewing kit
- * 50x110cm patterned fabric, for the outer bag and binding
- * 50x85cm fabric
- * 50x85cm cotton quilt wadding
- * Matching sewing thread
- * Sewing machine
- * toy filling

1 From the patterned cotton fabric, cut out one 45x35cm rectangle for the quilted front; one 45x50cm rectangle for the back; two 4x50cm binding strips; two 4x55cm binding strips. Cut one 45x35cm rectangle for lining the front and one 45x50cm rectangle for lining the back. Finally, from the wadding, cut one 45x35cm rectangle for the front and one 45x50cm rectangle for the back.

2 Lay out the front lining fabric, with the right side facing down, put the front quilt wadding on top, then add the front patterned fabric right side up. Quilt these layers together in a diamond pattern. Next, press under a 1cm turning along one long edge of each binding strip.

3 Bind the top edge of the quilted front with one of the short binding strips. With right sides facing, pin one short strip to the right side of one short edge. Machine stitch 1cm from the edge, then turn the folded edge to the back. Pin down and slip-stitch the folded edge to the lining, then trim the ends.

4 Making up the back, lay out the back patterned fabric, with the right side facing downwards, put the back quilt wadding on top, then add the back lining fabric, right side up. Mark a line 20cm down from the top edge and stitch along it to make the division for the pillow section.

5 Joining the front and back, pin and tack the front and back pieces together along the bottom edges, then bind this edge with a short binding strip as described in Step 3.

6 To finish off the sleeping bag, neaten the two long side edges with the long binding strips. Lightly stuff the pillow section with toy filling, slipping it between the back fabric and the back quilt wadding. Tack the top edges together and bind with remaining strip.



There's a whole world of creative fun for your little ones to enjoy – felt cupcake anyone?

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**ELEANOR JONES
ROUNDS UP ALL
THE LATEST KID-
FRIENDLY STUFF**

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BRITISH
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3 STEPS TO... STAYING SAFE WHEN BAKING

1 Start them early

The more time kids spend in the kitchen, the earlier they understand the rules, such as washing their hands and standing back from the oven.

2 Make grown-up jobs sound dull

If they think Mum isn't having any fun chopping with that sharp knife, they'll be more content stirring and whisking.

3 Get the gear

Opt for plastic kitchen tools or scaled-down versions – the I Can Cook scissors, for instance, are a purse-friendly £2.99 from lakeland.co.uk, and perfect for small hands.

 Visit goodtoknow.co.uk/cookingwithkids for safe, suitable ideas for each age group



5

**REASONS KIDS
ARE THE
BEST BAKERS**

1 CREATIVE

Their imagination knows no bounds. Well, why shouldn't that cupcake be iced in vomit green?

2 PRECISION

They're not worried about accuracy. While we're fiddling with the scales, they're already whisking. Nothing, if not confident.

3 HANDY

They make useful sous chefs. 'Why yes, darling, of course you can do all of the arm-crippling dough kneading!'

4 NOT AFRAID

...to taste as they go. Fingerprints in the bowl are a sign of quality, we're told.

5 TOO CUTE

Who can resist a floury-cheeked toddler in a chef's hat, c'mon!

#TRENDING NOW



Prepare to be amazed! This magic cake is made from just one batter, but as it cooks, it separates into three different layers – cake, cream and sponge! It's set to be one of the biggest trends of the summer.

 Visit goodtoknow.co.uk/magiccake for our foolproof recipes

**TRIED!
TESTED!
LOVED!**

ICING SYRINGES

Little hands struggle to get to grips with piping bags, but with the Tala Icing Syringe, £29.50, they'll be star bakers in no time. Fill with buttercream and let them go wild. For stockists, go to tala-cooking.com.



45%
OF PARENTS WITH
KIDS UNDER NINE
WORRY ABOUT
THE HIGH SUGAR
CONTENT OF
CHOCOLATE

COOL Kids

GoodtoKnow.co.uk

CHEATS CORNER

Thought cupcake cases were just for, well, cakes? Think again! Pierce a hole in the centre and place over drinks, with a straw through the middle to keep pesky insects at bay... such multi-taskers!

TECH KNOW-HOW

Cake pops are so last season, these days it's all about the pie pop! Whether you're a sweet or savoury lover, this nifty gadget whips up adorable kid-size pies. We're pretty sure they'll win any challenge Mel and Sue throw your way – and with no soggy bottoms in sight! Pie Pops Kit, £24.95, prezzybox.co.uk.



Photography Joanne Crawford, timeincukcontent.com

3 OF THE BEST...

Kid-friendly cookie cutters

EASY AS ABC

Now that biscuit really does have your name on it! Annabel Karmel Kids Alphabet Cookie Cutters with Baking Tray, £5, Tesco



CUT IT OUT

Reliable basics you'll use again and again. Drömmar 14-piece set, £6, Ikea



FAIRYTALE FANCIES

The sweetest story ever told. Cooksmart Kids 8 Piece Princess Set, £5, John Lewis



Now all you need is a recipe! Head to goodtoknow.co.uk/cookies for inspiration galore

THIS MONTH...

We're buying colour-in aprons

Your mini Mary or Paul will love a My Doodlepot Baker's Apron (£22 each, notbeforetea.co.uk). Let your little ones get creative and sign their name using the supplied crayons, then simply iron the design to seal and you're ready to splatter them with cake batter.



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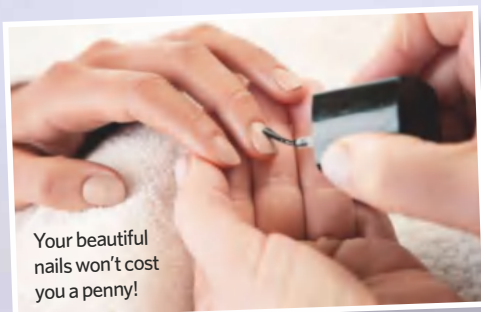
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CODE: 26X

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* Mainland UK Only

HOW TO CLAIM

Visit beautygroup.co.uk and find out which areas have a participating salon. If your area doesn't have one, don't panic as we will keep your details on file in case a salon joins. Then complete the coupon opposite and send it to: The Beauty Group/Essentials, Unit F, Penfold Trading Estate, Imperial Way, Watford, Herts WD24 4YY. Coupons must be in before 31 October 2015.

Once we've received your coupon, it will be sent to the nearest salon in the group.

You will then be contacted within 60 days by either your local salon or The Beauty Group. Remember to enjoy your fabulous free service and as a result return to the salon time and time again!



Photography Getty Images

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FILM * TV * BOOKS * CULTURE

Essentialist

TEEN *idols*

**HOT
RIGHT
NOW**

Our favourite '80s pin-ups are back and they've still got it



**Wild
boy**



SIMON LE BON

It may be over three decades since Duran Duran burst into the Top Ten with *Girls On Film*, but the New Wave band's frontman is as chic as ever. Elegantly coiffed and fashionably clad, he'll be leading the boys on stage for their UK tour later this year where they'll be performing songs from their new album *Paper Gods*.



**Guy
next
door**



JASON DONOVAN

The floppy-haired heart-throb inspired a million teen crushes as Scott in *Neighbours* before launching his pop career alongside Kylie with their duet *Especially For You*. He followed up the 1988 smash hit with solo album *Ten Good Reasons* and achieved chart success with *Too Many Broken Hearts* and *Sealed With a Kiss*. After success in the West End, he's now ready for the Greatest Hits tour kicking off in February. We can think of way more than ten good reasons to go.



**Sexy
Scandi**



MORTEN HARKET

With his chiselled cheekbones and flicky hair still intact, the Norwegian singer has rejoined his A-ha bandmates to launch their new album *Cast In Steel* in September, and they're hitting the road on a world tour set to arrive in the UK next March. Plus, Apple has announced that they'll be teaming up with the boys to launch a new streaming service with a remix of their debut single. Altogether now, Taaaake Onnnnnnn Meeeee.

FILM * TV * BOOKS * CULTURE

Essentialist

ON THE BIG SCREEN

Trainwreck

Monogamy is overrated according to journalist Amy (Amy Schumer). But the commitment-phobe's philosophy is shaken when she interviews a sports doctor (Bill Hader) and finds she wants more than a one-night stand. Written by Schumer herself, *Trainwreck* is anything but. Out 14 August



TRAINWRECK

Fantastic Four

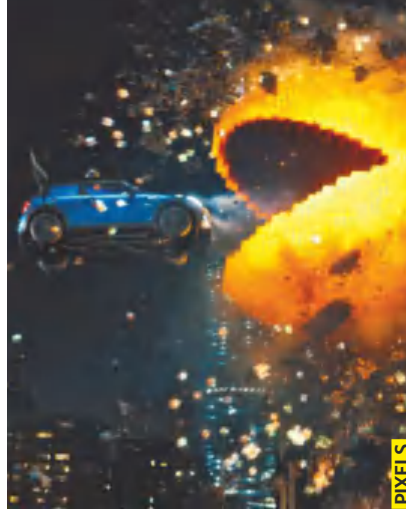
Four students return from a parallel universe with unique powers, so you can expect breathtaking special effects and stunning performances from the acclaimed young cast, including Kate Mara (*House of Cards*) and Billy Elliot's Jamie Bell. Out 6 August



FANTASTIC FOUR

Pixels

Adam Sandler plays a washed-up video game professional tasked with saving the world from life-sized versions of '80s video games. Pac-Man, Donkey Kong and Centipede may look harmless on a tiny screen, but in real life they're the stuff of nightmares. Out 12 August



PIXELS



THE MAN FROM U.N.C.L.E.

The Man From U.N.C.L.E.

When a mysterious criminal organisation threatens to destroy the balance of international powers, suave American spy Napoleon Solo (Henry Cavill) teams up with Russian intelligence agent Illya Kuryakin (Armie Hammer) to infiltrate the threat. Directed by Guy Ritchie, this slick remake of the 1960s spy classic will have you on the edge of your seat. Out 14 August

ON THE TOWN



MICHAEL MCINTYRE

The hugely-popular comedian is skipping his way across the UK with his Happy & Glorious tour this autumn. He's playing numerous dates, so bag your ticket at michaelmcintyre.co.uk



ALICE

To mark the 150th anniversary of *Alice in Wonderland*, Damon Albarn has created the coolest score ever for this new musical at The National Theatre. Details at wonder.land



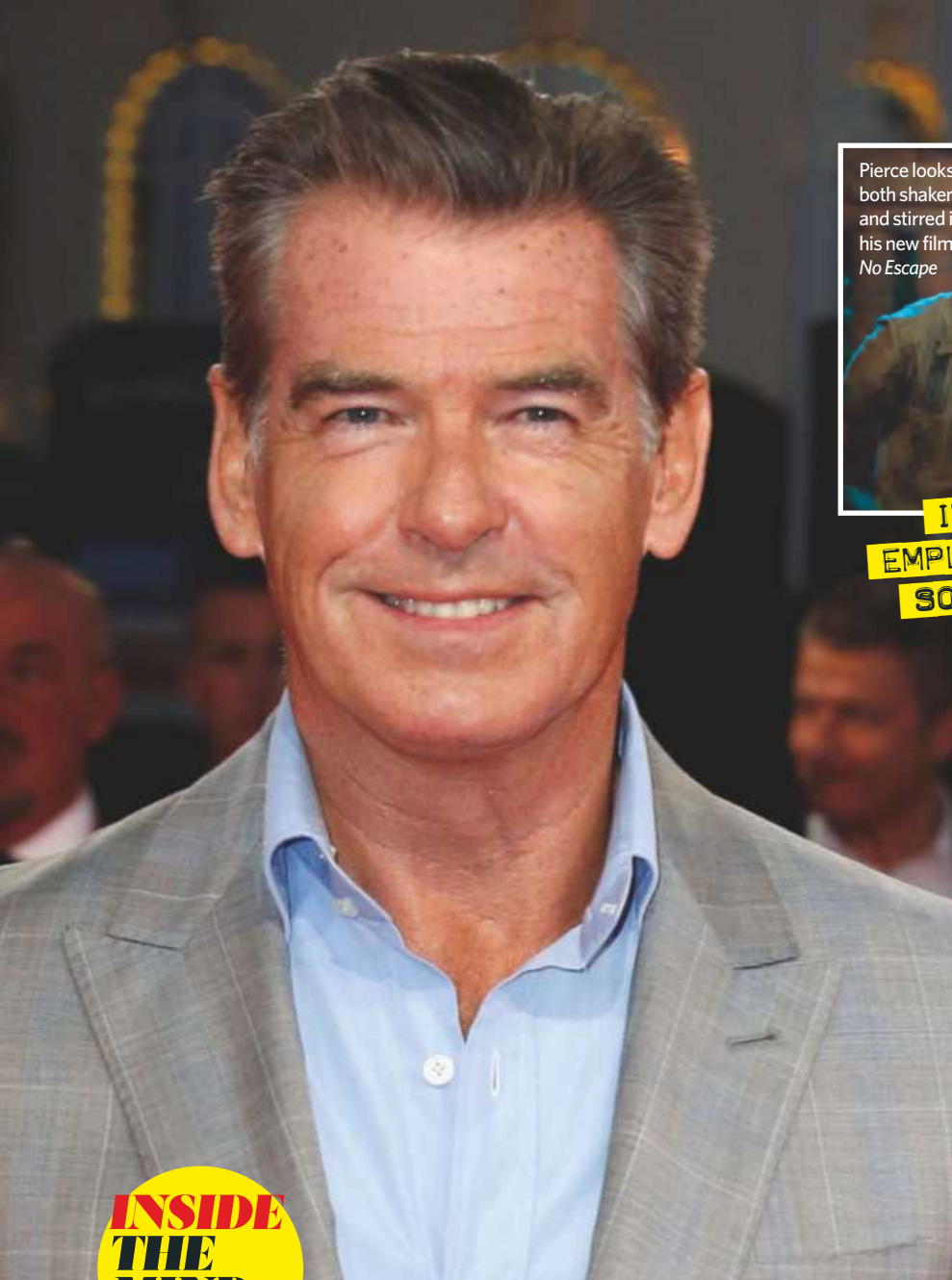
FLORENCE AND THE MACHINE

After festivals, a broken foot and a number one album, Florence and her non-stop machine go on tour this Sept; florenceandthemachine.net



KENNETH BRANAGH THEATRE COMPANY

The stage veteran returns to his director's chair with a special star-studded season at The Garrick from October; branaghtheatre.com



Pierce looks both shaken and stirred in his new film, *No Escape*



I'M LUCKY. I SEEM TO HAVE EMPLOYMENT, SOME HAIRLINE AND SOME SMALL PIECE OF TALENT

On his most famous role... When I played Bond, it'd been dormant for six years, so I was caught somewhere in between the Roger Moore and the Sean Connery of it all. And both men I adored as James Bond. But it never felt real – I felt like I was in a period-piece at times.

On leaving 007 behind... It does put you on an international stage like no other role – it's a gift that keeps giving. It's such a capricious game. I only accentuate the positive of it all really. Anything else would just be ridiculously stupid.

On being a jobbing actor... I've been very lucky and I'm very grateful. I seem to have employment, some hairline and some small piece of talent in the back pocket that I can polish!

On losing his loved ones to cancer... The sorrow of watching someone you love eaten away by this insidious disease becomes an indelible part of your psyche. I held the strong, beautiful hand of my first wife Cassie as ovarian cancer took her life much too soon. And I held the hand of my funny, wonderful daughter Charlotte before she too died from this wretched, inherited disease.

On fatherhood and marriage... The children forced me to carry on and my life carried on because of them. I'm blessed with a wife now [Keely Shaye Smith] who always keeps in her heart a place for my first wife. It takes a mighty heart to do that. A special kind of woman.

*** Pierce stars in *No Escape*, which is in cinemas from 4 September**

INSIDE THE MIND OF...

Pierce Brosnan

The Irish hunk talks about family, film and finally moving on from Bond

On growing up alone in Ireland... My life started on the banks of the Boyne in County Meath. Dad ran to the hills and I never saw him 'til I was 31. Mother took off to London to be a nurse and start a life for me, and consequently there was a separation there. I lived with a wonderful lady called Eileen Reilly in a lodging house until I was about 11. And yet, I had a good life. But, you know, life got

sweeter when I rejoined my mother and went to London.

On falling in love with movies... When I got to London, the movies took over my life in such a glorious way. My mother and step-father took me to see *Goldfinger*, and it was just bedazzling. And consequently, I went every weekend to see the pictures. I had a naïve aspiration to be a film star.



FILM * TV * BOOKS * CULTURE

Essentialist

ON DEMAND



WET HOT AMERICAN SUMMER: FIRST DAY OF CAMP

See Paul Rudd, Bradley Cooper and Elizabeth Banks (and lots more) in the wackiest summer camp of the '80s. The new series is available on Netflix now.



BOARDWALK EMPIRE

Series five of the prohibition period drama starts next month, but you can catch up on the first four series of Nucky Thompson's political journey in 1920s Atlantic City on Sky Box Sets now.



CROUCHING TIGER, HIDDEN DRAGON: THE GREEN LEGEND

Netflix is branching out into making original films, with the first being this sequel to 2000's Oscar winner. From 28 August.

WHO DO YOU THINK YOU ARE?



GREAT BRITISH BAKE OFF



THE X FACTOR



SIX DEGREES

ON THE BOX

The Great British Bake Off

Shut the (oven) door! Paul and Mary are back for another stint on the tastiest show of the summer with new baking hopefuls stepping up to the hot plate. Will this round of contestants be able to take the heat, or will we have another melt down like last year's ice cream gate? BBC1

Who Do You Think You Are?

Paul Hollywood, Gareth Malone and Jerry Hall are among the celebs digging into their family tree this month. The ten-part series uncovers scandals and family secrets as the stories span a thousand years and four continents. BBC1

The X Factor

There's been a shake up in camp Cowell, with the music mogul confirming that long-standing judge Louis Walsh has been given the axe factor. However, Rita Ora and Radio 1 DJ Nick Grimshaw are up for the challenge as they join Cheryl Fernandez-Versini and Simon to seek out the next singing sensation. ITV1



Star bakers!



LIFE STORIES



DANNY AND THE HUMAN ZOO

Six Degrees

There'll be laughs and lessons when pin-up physicist Brian Cox asks a group of scientists and comedians to work out how seemingly random things are connected using the six degrees of separation theory. BBC2

Life Stories

Get your tissues ready as ex-tabloid editor Piers Morgan returns with another season of intimate interviews with some of the world's biggest stars. It's like a public therapy session and we're totally addicted. ITV1

Danny and the Human Zoo

Lenny Henry was inspired by his own teen experiences when he penned the script for this story of a teenage impressionist from a Jamaican family in 1970s Dudley making his way in the comedy scene. BBC1

FILM * TV * BOOKS * CULTURE

Essentialist

ON THE SHELF

No Place To Hide

BY SUSAN LEWIS
(£9.99, CENTURY,
OUT 13 AUGUST)

Justine Cantrell has a secret to hide, but what is it? She's left her husband and changed her name so she can start a new life, but when her past comes back with a vengeance, she's forced to confront the truth. Compelling and mysterious, this moving novel is another sure-fire hit from the best-selling author.



The Secrets of Midwives

BY SALLY HEPWORTH
(£7.99, PAN MACMILLAN,
OUT 27 AUGUST)

When young midwife Neva falls pregnant, she's determined to keep it to herself. But her secrecy frustrates and confounds Neva's mother, and stirs up powerful memories for her grandmother, a retired midwife herself. It's a poignant page-turner.

The Mistake I Made

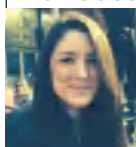
BY PAULA DALY
(£16.99, RANDOM HOUSE,
OUT 27 AUGUST)

Would you sleep with a man for money? Facing eviction, with huge credit card bills and no money to support herself or her son, it's a dilemma that Roz Toovey has to answer. Her controversial story will leave you questioning your own morals.



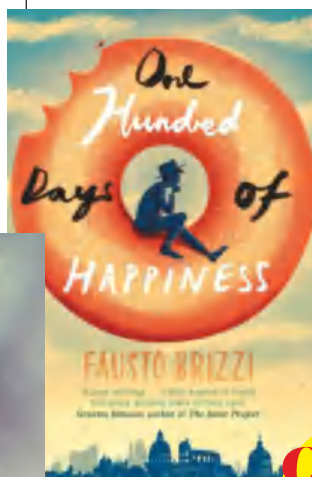
ESSENTIALS BOOK CLUB

READER SOPHIE TUTT
REVIEWS *ONE
HUNDRED DAYS
OF HAPPINESS*
BY FAUSTO BRIZZI
(£12.99, PICADOR, OUT
13 AUGUST)



When Lucio Battistini finds out that he has only 100 days to

live, he decides to make every moment count. Funny, yet heartbreaking, this powerful story documents the reality of cancer treatment and is a must read for anyone with a loved one who is facing the disease.



CELEB WISE WORDS

TV PRESENTER
JULIA
BRADBURY
REVEALS THE
BOOK THAT
CHANGED
HER LIFE...

'*The Prophet* by Kahlil Gibran is about patience, forgiveness and how to be a good person - which I'm not sure I've fully mastered just yet!'





SHREK'S ADVENTURE



BOURNEMOUTH AIR FESTIVAL



KIDZANIA

**KIDS
DAYS
out**

School's out for summer

Don't panic! We've got plenty to keep them busy during the holidays

BedBUGS Sleepover

From 7 to 20 August, London Zoo is offering kids the chance to sleep in the Bug House. Children aged 8-11 years get the chance to meet one of the residents in the flesh as well as join in on talks, games and story sessions, plus there's a special torchlight tour before bedtime; zsl.org

Master bus to the land of Far Far Away and discover a path of mazes and scenes from the film. The mission? Find Shrek and locate the magic portal, then get safely back to London; shreksadventure.com

Bournemouth Air Festival

Pitch up with a picnic and some Pimm's from 20-23 August and enjoy this classic family day out. The Red Arrows are on the bill, plus a special Battle of Britain memorial flight and exhibitions from the army and navy – it's a must for any budding pilots; bournemouthair.co.uk

Kidzania

A child-size city is opening at Westfield London and kids can play at being grown-ups as they try out activities like going to the bank or fighting crime as police officers – it's educational and fun; london.kidzania.com

Just So Festival

Transport the family to a magical world of music, theatre and dance from 21 to 23 August as Cheshire's kid-friendly fest enters its sixth year. There's everything from a woodland theatre with performances of *The Gruffalo* to Peekaboo, a special area catering for children under four; justsofestival.org

Shrek's Adventure

This immersive 4D experience in London brings Shrek and his friends to life. Catch a red Route



For more ways to entertain the kids this summer, visit goodtoknow.co.uk/days-out



JUST SO FESTIVAL

BEDBUGS SLEEPOVER

FILM * TV * BOOKS * CULTURE

Essentialist

DOWNLOAD



JESS GLYNNE

Pop sensation Jess has dominated radio playlists for the last year with her number one single *Hold My Hand* and Clean Bandit collaboration *Real Love*. Her debut album *I Cry When I Laugh* is set to be huge. Out 14 August.



FRANK OCEAN

The Californian rapper and singer has kept tight lipped about the follow up to 2012's *Channel Orange*. But he's recently revealed that new album *Boys Don't Cry* will be out this month – and we can't wait!



JOSS STONE

Barefooted songstress Joss has been off the scene for a few years, but she's back with a new reggae influenced direction for her seventh album *Water For Your Soul* featuring the moody single *Stuck On You*.

OUT
NOW



STARRY NIGHT CINEMA

SUMMER NIGHTS FILMS



THE LUNA CINEMA



IT'S
ALL
ABOUT

#TRENDING

Outdoor Cinemas

Al fresco movies are having their moment right now, so here's our pick of the best summer screenings...

STARRY NIGHT CINEMA, WALES

The open-air summer season is in full swing and Wales' most beautiful castles are playing host to blockbusters and cult classics including *The Imitation Game*, *Mamma Mia!* and *Les Misérables*. Beaumaris Castle on Anglesey and Caernarfon Castle in North Wales are among the picturesque locations to be opening their gates; starrynightcinema.co.uk

THE LUNA CINEMA, NATIONWIDE

Settle down to a flick at the most romantic spots across the UK as The Luna Cinema tours the country showing old gems, as well as new favourites like *The Theory of Everything*. Our highlights include *Back to the Future* at Edinburgh's Royal Botanic Gardens, *Dirty Dancing* at Hatfield House and *Romeo and Juliet* at Hampton Court Palace; thelunacinema.com

SUMMER NIGHTS FILMS, THE MIDLANDS

Country estates across The Midlands are hosting screenings under the stars while it's warm enough to stay outdoors after sunset. Batman buffs will jump at the chance to watch *The Dark Knight Rises* at the real-life Wayne Manor (AKA Wollaton Hall), while fantasy fans can enjoy *The Hobbit: The Battle of Five Armies* at stunning Hardwick Hall; summernightsfilm.co.uk

ROUTE 66 DRIVE-IN CINEMA, MANCHESTER/LIVERPOOL

See the latest releases from the comfort of your own motor at this authentic drive-in, which offers you the chance to catch *Star Wars Episode VII*, *Pan* and *Fantastic Four* all through your own car radio. Just tune in and kick back; route66driveincinemas.co.uk



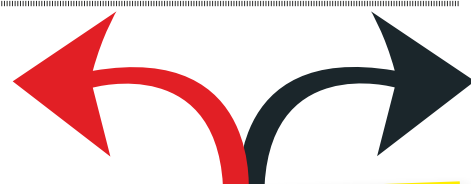
PICNIC CINEMA



BIG SCREEN IN THE PARK



POP-UP SCREENS



THE IN/OUT LIST

Chris Evans
- quite rightly
coming
back to our
screens
in *Top Gear*
and *TFI*. Yay!



Chris Brown
- Rihanna's
ex and the
world's least
fave celeb is
still selling
records. Why?

The smell
of freshly
baked bread
- the nation's
fave scent

The stench of
festival toilets,
we've had
enough
thanks!

Destination
weddings



Soggy farm
marquees

Glowing
bronde locks

Bleach blonde
highlights

The natural
look



Piles of
sweaty slap

ON THE RADAR

PICNIC CINEMA, THE NORTH

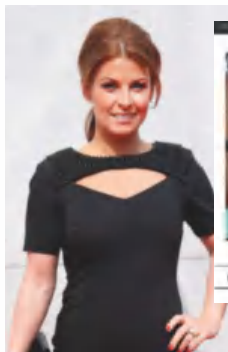
More than just a movie, these screenings turn into a fully-fledged party once the end credits roll. Watch *Psycho* at Muncaster Castle followed by a night of rock 'n' roll or boogie along to *Saturday Night Fever* at Dalemian Mansion near Penrith before a night of disco. You can even bring your tent and set up camp; picniccinema.co.uk

BIG SCREEN IN THE PARK, EXETER

Set in the heart of Northernhay Gardens, this mighty outdoor screen has something for everyone - *Toy Story* for the kids, cult French film *Amelie* for romantics, and *The Shining...* for those brave enough! bigscreeninthepark.com

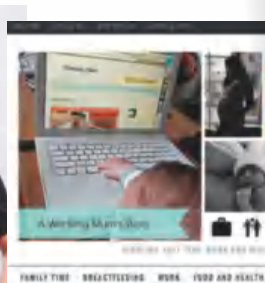
POP-UP SCREENS, LONDON

From Lewisham to Parson's Green, Pop Up Screens offer you the chance to catch the classics in the prettiest parks. Whether you hang out with the Pink Ladies in *Grease* or fall for Ryan Gosling in *The Notebook* (again!) there's a screening for you; popupscreens.co.uk



Tweet-star

From supportive shout outs to hubby Wayne and team England to special snaps from family holidays and girls' days out, we just love how down to earth @Coleenroo is on Twitter. Our fave footballer's wife!



Top blog

The anonymous writer behind workingmumblog.com began writing about the office politics caused by being pregnant and adjusting to maternity leave. It's an honest read for all mums or mums-to-be who are worried about balancing work and kids.



Insta-glam

If you haven't seen @kensingtonroyal on Instagram yet, join in the cooing over Princess Charlotte and her big bro Prince George now along with updates about Harry, Wills and Kate.

Come spa with us

If you fancy some first-class pampering at Ragdale Hall, book now...



WHAT YOUR BREAK INCLUDES...

* **ON ARRIVAL** enjoy valet parking and refreshments between 2-4pm, plus a tour of the Hall. Your stay includes accommodation, breakfast (served to you in bed!), lunch and three-course dinners. Meet the *Essentials* team for pre-dinner drinks and a prize draw on Sunday.

* **FULL USE OF THE FACILITIES**, including the multi-million pound Thermal Spa, gym, exercise classes and outdoor facilities, plus complimentary robe hire.

* **PLUS A 50-MINUTE PURE RADIANCE FACIAL** and a **25-minute Soothing Back Massage**. On your last day, there are changing and luggage storage facilities available until 2pm.

* **SPECIALS** Find out expert make-up and skincare tips from Clarins and don't miss the Ragdale Fashion Showcase – you'll receive a 10% discount voucher to use in the oh-so tempting Ragdale Boutique!

Your exclusive gifts

* Clarins Relax Bath & Shower Concentrate (100ml)*

is a luxe bathtime treat that releases the aromatic fragrances of basil and camomile to leave your skin delicately scented – it'll keep the spa experience going when you get home, too.



* **Clarins Body Treatment Oil (30ml)*** relieves stress and soothes tired, aching muscles, plus it will leave your skin super-soft, satin smooth and delicately fragranced.

DATES

- * SUNDAY 11TH TO TUESDAY 13TH OCTOBER 2015
- * SUNDAY 24TH TO TUESDAY 26TH JANUARY 2016
- * SUNDAY 10TH TO TUESDAY 12TH APRIL 2016
- * SUNDAY 26TH TO TUESDAY 28TH JUNE 2016
- * SUNDAY 25TH TO TUESDAY 27TH SEPTEMBER 2016
- * SUNDAY 20TH TO TUESDAY 22ND NOVEMBER 2016

PRICES are per person, based on two people sharing and include VAT. Triple rooms are available on request. All breaks are two nights.

	2015	2016		2015	2016
ECONOMY	£299	£308	SINGLE SUPPLEMENT	£59	£59
STANDARD	£333	£343	EXTRA NIGHT (TUES)	£139	£145
STANDARD PLUS	£343	£353	This includes a 25-minute Fresh Feet treatment		
SUPERIOR	£359	£369			

TO BOOK Call 01664 433 000 – don't forget to take a look at the menu of treatments on offer at ragdalehall.co.uk and make sure you pre-book to avoid disappointment.

GREAT Escapes



goodtoknow_essentials

THIS MONTH...

Infinity & beyond

For the ultimate in pools with a view, the Jade Mountain in St Lucia takes the rum punch. This is romance like you've never known it. Most rooms (they're called sanctuaries here) have individual infinity pools and offer the best views of the iconic Pitons. Seriously lovin' it... (jademountain.com)

55%
OF BRITS CLAIM
THEY MISS THEIR
WORK COLLEAGUES
WHEN THEY'RE
AWAY*. WE SAY,
GET A LIFE!



3 THINGS TO AVOID...

when travelling



Wearing camouflage clothing in Barbados, Jamaica or Antigua – you could be arrested



Dropping litter or spitting in Singapore – a first offence can cost you almost £1,000

*!@#!!!

Swearing on WhatsApp in the UAE – you could face a £45,000 fine!



A FLING IN THE HIGHLANDS

This year's Braemar Gathering kicks off on Saturday 5 September when the 600 locals welcome up to 16,000 visitors for the annual sportsfest that celebrates its bicentenary this year. There's always a good turnout from top rank Royals (Balmoral is just up the road) as they watch cabers being tossed, stones being putted, hammers being thrown and wars being tugged. For details, see braemargathering.org

Woof justice!

Can't face the thought of leaving the pooch behind while you head off on your hols? No need! You can now take your lead from

Alastair Sawday's
Dog-Friendly

Breaks in

Britain,

£14.99,

amazon.

co.uk.

Walkies,
anyone?



What's it all about, **MAD** for the **MED** AMALFI?

For the finest food, breathtaking scenery and the scariest road trips you'll ever experience, head for Italy's most famous coastline

Getting to Amalfi is an adventure in itself. Brace yourself for the chaos of Naples airport followed by a white-knuckle drive along winding roads to your destination. But oh what a destination it is. The coast-with-the-most not only offers unbeatable views, it's also home to some of Italy's most impressive hotels. Grand Hotel Royal Sorrento is a magnificent clifftop creation looking over the Gulf of Naples and the mighty Vesuvius. A vista best enjoyed with Aperol Spritz in hand. *Buongiorno Italia!*

Sorrento

It's noisy, bustling and utterly romantic. Wander the alleys in the old town and soak up the sounds, the smell of fresh herbs and best of all, the language. Stop for ice cream at Gelateria David and convince yourself you definitely need that exquisite leather handbag you've just been drooling over. Meander further, and pick up some herbs and spices (€2 each) along with some local wines and olive oil. You've bought the bag, it'd be wrong not to fill it, right? And

when it's time for a break, the best spot for lunch/brunch/pre- and post-dinner drinks is the Fauno Bar in the Piazza Tasso where tourists and locals mingle over animated conversation and nothing and nobody will escape your attention. But for a gastronomic feast, it has to be dinner at l'Antica Trattoria. Book early and prepare to get stuffed. Course after course (16 in all) of freshly caught fish, succulent meats, the finest vegetables and desserts to die for. All for €69 including wine!



Mile after mile of stunning coastline

Positano

The drama really unfolds on the 32km cliff road separating Sorrento from Amalfi. The temptation to get out of the car on every bend is irresistible, but hang on until Positano and the vertiginous drop down to this magnet for artists, musicians actors and poets. Higgledy-piggledy streets lead down to the beach, the hub of village life. For such a popular spot, the atmosphere remains remarkably unspoilt. If you still haven't shopped, do it here – especially if Sienna Miller's boho style is your thing. And for a romantic dinner, it has to be the secluded garden of Ristorante Al Palazzo Murat – not cheap, but the finer things in life just aren't, are they?



Amalfi

For well over 100 years, the grand old Hotel Santa Caterina (citalia.com/hotel/A15) has been attracting the rich and famous – Richard Burton and Elizabeth Taylor got it together here in the 1960s during the filming of *Cleopatra*, as did Brangelina during the filming of *Mr & Mrs Smith* 45 years later. Sean Penn brings his family every year and Claudia Schiffer is a regular visitor.

Built into the cliff face, the terraced citrus groves and lush gardens cascade down 60 metres to the peace and tranquility of the saltwater pool and private beach. This hotel oozes refined elegance and extraordinary attention to detail, yet the ambience is remarkably laid-back. And dinner in the company and capable hands of maître'd, Pino, is an experience that needs to be on everyone's bucket list. The things that man has seen and heard over the years...!



Capri

Book a fast ferry from Sorrento and 20 minutes later, step on to one of the most famous islands in the Med. The Blue Grotto is a big attraction, but you can queue for hours to get a glimpse inside. Instead, join a boat trip around the island that takes in all the sights and passes the Blue Grotto. Then hop in a cab from the port to Capri

town and window shop the chi-chi boutiques. Sip another Aperol Spritz and watch the expensively overdressed totter up and down the cobbles on ridiculously high heels. Then take the 12-minute chairlift from Piazza Vittoria in Anacapri up to Monte Solaro for magnificent views. Full day tours cost from £62 per person with acamporatravel.it.



GETTING THERE

* Italian specialist Citalia (citalia.com) has 5 nights in Sorrento and Amalfi from £879pp, based on two sharing, departing London Gatwick 21 October 2015
 * Price includes return BA flights,
 3 nights B&B at the Grand Hotel Royal Sorrento, and 2 nights at the Hotel Santa Caterina Amalfi with private transfers
 * Plus 10% discount at Parrucchiano Restaurant Sorrento, room upgrade at Santa Caterina and €30 credit in the hotel's boutique

BODRUM

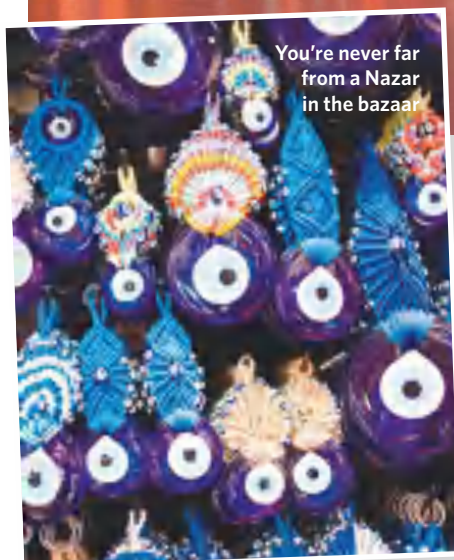
hits the spot

MAD
for the
MED

Once a cheap package holiday resort, it's now
a firm favourite with the rich and famous

This spectacular peninsula in Turkey, where the Med meets the Aegean, blends history, culture, commerce and cuisine in an atmosphere that is both bustling and busy at the same time as being laid-back and relaxed. Forget St Tropez, Bodrum has now become the place to

see and be seen. Kate Moss had such a great time here recently that she had to be famously 'escorted' off the plane. Roman Abramovich is a regular visitor in his yacht, but even if you're not in the same league as the super-rich, there is still plenty of opportunity to soak up the luxury without breaking the bank.



You're never far
from a Nazar
in the bazaar

The Old Town

The best thing about Bodrum? Hard to know where to begin, to be honest. The view's not a bad place. A magnificent watercolour depicting the mountains, sky and sea blurring into each other which would explain why it's referred to as the 'land of eternal blue'. Or maybe it's the contrast between the verdant pine-covered slopes, white beaches and crystal waters.

Then there's the magnificent 15th-century castle, built by the Knights Hospitaller and now the Museum of

Underwater Archaeology, which stands guard by the marina. In its shadow the narrow winding streets of the old town tempt visitors and locals alike with just about everything they could want or need.

You can't set foot in Bodrum without coming across a vast number of 'Nazars', the eye-shaped amulets, usually made from blue glass and believed to protect against the 'evil eye'. They're so popular they're even set into the pavements. But despite the abundance of superstitious symbols, this is a town that seamlessly blends ancient and modern. It's a vibrant and very

Palmarina

While Bodrum has many upmarket stores, with prices generally lower than the UK, if you really want to mingle with the 1% and get yourself a proper designer clutch, then head 18km out of town to Palmarina Yalikavak, just half an hour's drive away. This modern, recently built marina complex was created especially for the mega yacht brigade. Dine at Cipriani, Nobu or maybe the aptly named Billionaires Club. Or you could just pop into the ultra hip (but still affordable) Cookshop for a slightly cheaper bite. But for even cheaper thrills, just take a walk along the promenade and admire the floating gin palaces. That is, after all, what they're there for!



When the going gets tough, the tough sit by the Kempinski Hotel pool in Barbaros Bay

Barbaros Bay

It's the perfect destination for honeymooners as well as families, but anyone with an ounce of sense will ditch the kids, along with significant others, and come here to relax. The Kempinski Hotel Barbaros Bay is just the place to unwind – yes, they cater for families, but there's a silent beach where small

people are banned. The spa, the biggest in Turkey, is industrial in size, yet still manages a quiet intimacy. There's a wide variety of treatments in stunning surroundings – try Watsu, a form of shiatsu and the very latest thing in spa treatments. But for traditionalists, the only way is Hammam and

seeing as Kempinski has two, it'd be rude not to. And even if you never set foot inside the spa, help yourself to the deliciously scented candles in the bathroom which, along with the bergamot-scented toiletries, will leave you limp with pleasure! And for anyone seeking a dose of inner peace, try morning mountain meditation. Finally, at the end of a long day of restfulness, dinner at Saigon, one of several restaurants, is a must. So breathe in the smell of scented flowers. Breathe out. And relax.

pretty hub, where Mediterranean lifestyle meets Turkish culture – yet it remains a working town where the fishermen still sell their catch by the docks. But there's plenty to tempt you apart from fish. There's more on offer than the average tourist tat. You must buy a Nazar – even if it's only a tiny bookmark. And check out the vast array of 'designer' bags. Some shops will try to charge you designer prices, but don't be fooled by the plate-glass windows and air-con, you are still in a market and haggling is a way of life.



GETTING THERE

- * British Airways Holidays has 7 nights at the 5-star Kempinski Hotel Barbaros Bay, from £799 per person, based on two sharing
- * Price includes Euro Traveller return flights from London Gatwick and accommodation with breakfast travelling between 1 September and 15 October 2015
- * For reservations and further information, visit ba.com/bodrum or call 0844 493 0758

MAD
for the
MED

GREECE is the word

It's been dominating the news, but just try to keep us away from this Greek beauty spot

Costa Navarino

The recipe is simple, create two hotels: The Westin, with its emphasis on families, and The Romanos, perfect for couples. Combine the two under the Costa Navarino umbrella and serve up over 800 rooms and 12 restaurants.

Add two golf courses and just about every sport you can think of, and even the most hyper holidaymaker will soon be gagging for the Anazoe spa and its extensive list of treatments.

Huge open spaces give a relaxed ambience and water, a major feature throughout the resort, provides a zen-like tranquillity. The most zen spot of all, however, has to be the Barbouni Restaurant on Dunes Beach where the fish almost leap on to your plate, the salads ooze freshness, the wine is chilled and it's all served under the cool of the wave-like ceiling.

And finally, baste in a high SPF sun screen and bake on a hot beach for around seven days.

Captain Vassilis is the epitome of the local boy made good. Over 60 years ago, he left his home in this south-western corner of The Peloponnese to make his fortune in shipping - but he never forgot his roots. His dream was to

bring wealth to his home town by attracting visitors from around the world and creating jobs for the local people. Just five years ago, that dream became a reality when the Costa Navarino Resort opened its doors for the first time.



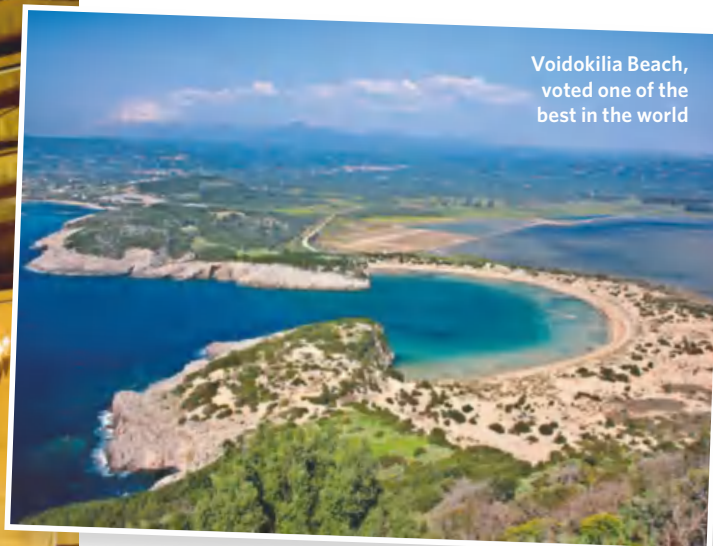
Pylos Village

One of the most picturesque towns in the entire area, Pylos sits at one end of a vast bay with a castle at either end. The Three Admirals' Square hosts the town's war memorial, and cafés, bars and a well-stocked ice cream parlour are dotted around the edges. Come just before sunset and sip an ice-cold ouzo before dinner at one of the local tavernas. And if you



Water, water
everywhere...
the utmost in
relaxation

fancy learning more about Greek food, Anna and Loula can welcome up to 12 guests in their traditional home on the hillside above Pylos. Roll up your sleeves, put on your pinny and start chopping – not a word of English is spoken between them, but language is no barrier in this kitchen. And once you've eaten all you can, it's out to the courtyard to enjoy breathtaking views of the bay and traditional Greek dancing.



Voidokilia Beach,
voted one of the
best in the world

Navarino Bay

Step aboard one of two Navarino Sea Yachts for a leisurely day exploring the treasures of Navarino Bay. When the heat is on – in excess of 40° in summer – the water is one place you can keep your cool. Drop anchor off Voidokilia Beach, voted one of the top ten beaches in the world (you'll see why when you get there!) and swim or snorkel around the bay. Or, try your hand (and feet) at paddleboarding – everyone can have a go and the calm waters are the perfect location for beginners. And if diving is your thing, nearby Proti Island has 15 dive sites

in some of the clearest waters in Greece – look out for the blue-spotted rays, coral and sponges. But the biggest attraction has to be the turtles who return to the lagoon year after year to lay their eggs.



GETTING THERE

*** Prices for The Westin Resort start at €200, and The Romanos, from €310 per room per night. Visit costanavarino.com**
*** Aegean Airlines (aegeanair.com) has daily flights from London Heathrow and London Gatwick to Athens**
*** Design Holidays (designholidays.co.uk) has a 7-night stay at The Romanos, a Luxury Collection Resort, Costa Navarino, from £999 per person. Price includes accommodation on a B&B basis, flights and transfers**

Feature Terry Towner & Anne Marie Scanlon **Photography** Getty Images, 4Corners, Shutterstock, Alamy. **Note** Prices are correct at time of going to press

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Karen Sawbridge,
Operations Director, Alfa
Leisureplex Holiday Group

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Jetstorm not only helps cut your water bills but reduces your energy bills too! Using less water means using less energy to heat it, saving you £££'s on your energy bills - SIMPLE!

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- 7 SMART** Stylish Black and White design and mains powered
- 8 RECOMMENDED** Used by Professionals in clubs and sports centres
- 9 PERSONAL** Easy control -99 Speed Settings/ 4 Auto Programs /1 Manual Program
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WHY USE 4 PIECES OF EQUIPMENT WHEN YOU CAN USE 1?

Simply step up, adopt and hold your desired position and let the vibrating plate send pulses of energy through your body.

"WOW!"

"...using the vibrostation has enabled me to achieve my target weight."
Janet - Durham

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"I've used several other machines in the past and this is by far the best."
V Pettman - Kent

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Studies suggest vibration training can assist with...

- 1. Increasing circulation**
- 2. Increasing muscle strength**
- 3. Reducing body fat levels**
- 4. Improving Co-ordination**
- 5. Increasing bone density**

"I've actually lost 2 inches off my waist as a combo of a diet and the Vibrostation over the past 4 weeks (I use it every day, and do core exercises on it, but it's still a great fat reduction in such a short time) and am now down to a size 8/10 which I haven't been for ages."
Dr. Angie Winnington-Sharp BSc (Hons), PhD
Director & Clinical Specialist

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SEPTEMBER horoscopes

Essentials' astrologer Marion Williamson reveals all...



Libra

23 SEPTEMBER - 22 OCTOBER

If you feel you're going the wrong way down a one-way street, you may have just realised what you don't want, which can be harder than knowing what you do want.

DO remember things will change
DON'T rely on wine too much



Scorpio

23 OCTOBER - 21 NOVEMBER

You're a fantastically attractive person, Scorpio, so don't let one bad photo or an accidental reflection in a shop window tell you otherwise. Never lose confidence.

DO laugh at your fails
DON'T get bitter



Sagittarius

22 NOVEMBER - 21 DECEMBER

You think the annoying behaviour of someone close to you confirms your opinion of them. But it's quite possible they just don't know how to behave around you.

DO remember they think they're right, too
DON'T look for co-conspirators



Capricorn

22 DECEMBER - 19 JANUARY

Worrying rarely achieves much, but actually, this month you'll worry yourself into a rather brilliant idea. So don't silence the internal chatter, listen in for advice.

DO get a few early nights
DON'T clean the cooker to avoid thinking



Aquarius

20 JANUARY - 18 FEBRUARY

It's the perfect month to add strings to your bow. A new hobby may not lead to a PhD in astrophysics – it's the people you meet who make the difference.

DO loosen up
DON'T do what others expect

VIRGO

23 AUGUST - 22 SEPTEMBER

Your birthday month is stuffed with cosmic potential. A partial solar eclipse in your sign on the 13th is an exciting omen if you're starting again in some way. A new career, a move or relationship changes are all possible. At times you may feel life is running ahead without you, but you'll soon see the Universe is trying to tell you something, even if it doesn't make sense for a few weeks.

DO be the source of your own happiness
DON'T get sentimental



Pisces

19 FEBRUARY - 20 MARCH

Trying to impress someone you fancy could lead to awkward situations. Don't pretend you're something you're not – best to be yourself and hope for the best.

DO cast your net more widely
DON'T forget who you really are



Aries

21 MARCH - 19 APRIL

The full Moon shines from your sign this month plus it's a lunar eclipse, giving it more power. Your emotional strength will astound others – you can tackle anything.

DO find new challenges
DON'T pretend you're like everyone else



Gemini

21 MAY - 20 JUNE

Saturn is teaching you how to respect your finances. This isn't the month for self-indulgent splurging! Little changes will make the biggest difference.

DO be creative with your wardrobe
DON'T get seduced by savvy salespeople



Cancer

21 JUNE - 22 JULY

Your appearance has taken a back seat in the last few weeks as you've had so much on your plate. Running around after others has taken its toll, now it's time for you.

DO face the music
DON'T underestimate your charisma



Leo

23 JULY - 22 AUGUST

With energetic Mars in your sign until the last week of September you'll have the wherewithal to go for exactly what you want. It's time to trust your gut instincts.

DO be ruthless
DON'T look back



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LISA'S LAST WORD...

TV cook Lisa Faulkner tells us what she's loving... and loathing this month

Autumn is fast approaching, but I'm not quite ready to give up the summer feeling just yet. I've had such a lovely few months and the best part was spending some quality time with my daughter Billie. She's become my little friend, so I will miss her when she goes back to school. Bring on the next half term!

One thing we are both looking forward to this month is Roald Dahl Day on 13 September. He's Billie's favourite author, so I hope they do something special at school to celebrate the occasion. I know Billie would definitely want to dress up as Matilda if they did. I took her to the theatre to see *The Twits*

a while back and she loved it.

Another place we'll be visiting this month is The Foundling Museum. There's a great exhibition on until 6 September called Lines of Beauty, but if you can't get there to see it, I urge you to go and check out the museum anyway. It's such

a fascinating place as it takes you through the history behind the children's charity Coram, from its beginnings in 1739 as London's first home for abandoned children. The charity still runs one of the most successful voluntary adoption services in the country and holds a special place in my heart because they helped me adopt Billie.

Although Billie and I will be out making the most of the sunshine while we still can, I'm pretty excited that *The X Factor's* back. I absolutely love the show, so there will definitely be a few evenings spent in front of the box.

Lisa
x



What I'm cooking...

One of the things I love at this time of year is a big plate of fish and chips, and I have to say, my healthy version is delicious. Add a little vinegar, a sprinkle of salt and a lot of mayonnaise and you've got yourself a guilt-free treat.

Find the recipe for Lisa's healthy fish and chips at goodtoknow.co.uk/recipes/lisa-faulkner



My Instagram moment of the month

I have had so much fun spending time chatting with Billie in the sunshine and creating special memories this summer.

This is us during a lovely walk on a beautiful beach in Cornwall.

Follow Lisa on Instagram at @lisafaulknercooks



MY MUST-HAVES

- * When Billie can't get off to sleep, a spritz of Sleep Plus Pillow Spray by This Works (£25) works like a dream.
- * I get lots of compliments about my brows when I use the fabulous Elizabeth Arden Natural Eyebrow Pencil (£17).
- * These Funky Paisley towels from M&S (£6-£25) are quite possibly the softest towels I have ever used.

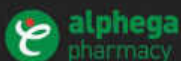
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